A MILEY PARTY HAS HIGH STANDARDS
THE WORD {page 21}

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Who knows when you are shopping?

- Better watch out: Cyberthieves waiting for online buying slipups {page 18}
- Meanwhile, in-store retailers keeping an eye on your cellphone {page 06}

Sports

Jets hold off Bills' best shot

- Team holds onto playoff hopes for at least one more week
- Sanchez leads late drive in 28-24 win {page 34}

'Keep Muppets away from us'

Statler and Waldorf talk about the new movie and what they hated about it {page 26}

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What's next for the Occupy movement?

Movement that seized nation's attention only weeks ago now says they're entering transitional phase ◆ Dec. 6 vowed as new day of action

EMILY ANNE EPSTEIN/METRO

▶ Protester Matt Sky says the Occupy movement is only growing. "We're seeing bigger movements in California and D.C.," he told Metro. "The only goal was to start a conversation."

If you go to Zuccotti Park and ask the remaining Occupiers what's next for the movement, the responses are about as varied as there are now people in the park. (A couple dozen.)

"There's a lot of talk about numerous things going in different directions," said Shane Patrick, 32, a member of OWS from Queens who works in press relations for the movement. "There are a lot of people working toward occupying another space."

Many displaced campers are staying at local churches. Protesters still hold regularly scheduled meetings, including the 7 p.m. general assemblies, but the number of attendees is no longer in the thousands, Patrick said.

Dec. 6 has been selected as a second "Day of Action" to replicate the crowds of people that turned out on Nov. 17 for marches through the Financial District and across the Brooklyn Bridge. Protesters have said they will stage sit-ins at foreclosed properties throughout the city.

"What occurred on the 17th, such as disrupting the opening bell on Wall Street or protesting outside the homes of the wealthy, that will continue," Patrick said.

Some OWS members admit their numbers have dwindled since the NYPD raided the camp.

"I think everyone's going underground until spring," said Christopher Geist, 38. "Zuccotti is gone; it was our sanctuary. I've seen people fading."

But protester Matt Sky, 27, said the movement is just entering a transitional phase. "I think we're seeing a much stronger global presence of the ideas that started here," Sky said.

EMILY ANNE EPSTEIN
emily.epstein@metro.us

Mo' money?

The last reported amount of Occupy Wall Street's general assembly donations left the number at around half a million dollars.

Protesters said the money would be distributed through consensus at the general assembly, as always. Even though Zuccotti is gone, they said, there's still work to be done.

Burned on books

NEW YORK. Occupiers say they lost thousands of books when the city kicked them out of Zuccotti Park nearly two weeks ago. Police trashed roughly 4,000 books and other documents, according to William Scott, a member of the Occupy Wall Street people's library.

Occupy Wall Street protesters said they have retrieved 1,099 books that belonged to the library from the police, of which only 800 are usable. Protesters say they are still looking for about 2,900 books. Less than one-fifth of the original collection is still usable, they estimate. METRO

In the news

Cop arrests JetBlue passenger

A passenger was tackled by an off-duty NYPD officer on a JetBlue flight yesterday after he refused to put his duty-free alcohol away as the plane landed at JFK. The FBI charged Antonio Ynoa, 22, for assaulting a male flight attendant, according to the Daily News. METRO/AB

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ONLINE TODAY

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RECAP: LAST NIGHT'S 'THE WALKING DEAD'

WWW.METRO.US/MOVIES
A NEW SILENT MOVIE MAKES A BIG NOISE

WWW.METRO.US/WELLBEING
HOW TO STAY HEALTHY THIS WINTER

Metro question

We asked New Yorkers in Lower Manhattan: Is the Occupy Wall Street movement dead?

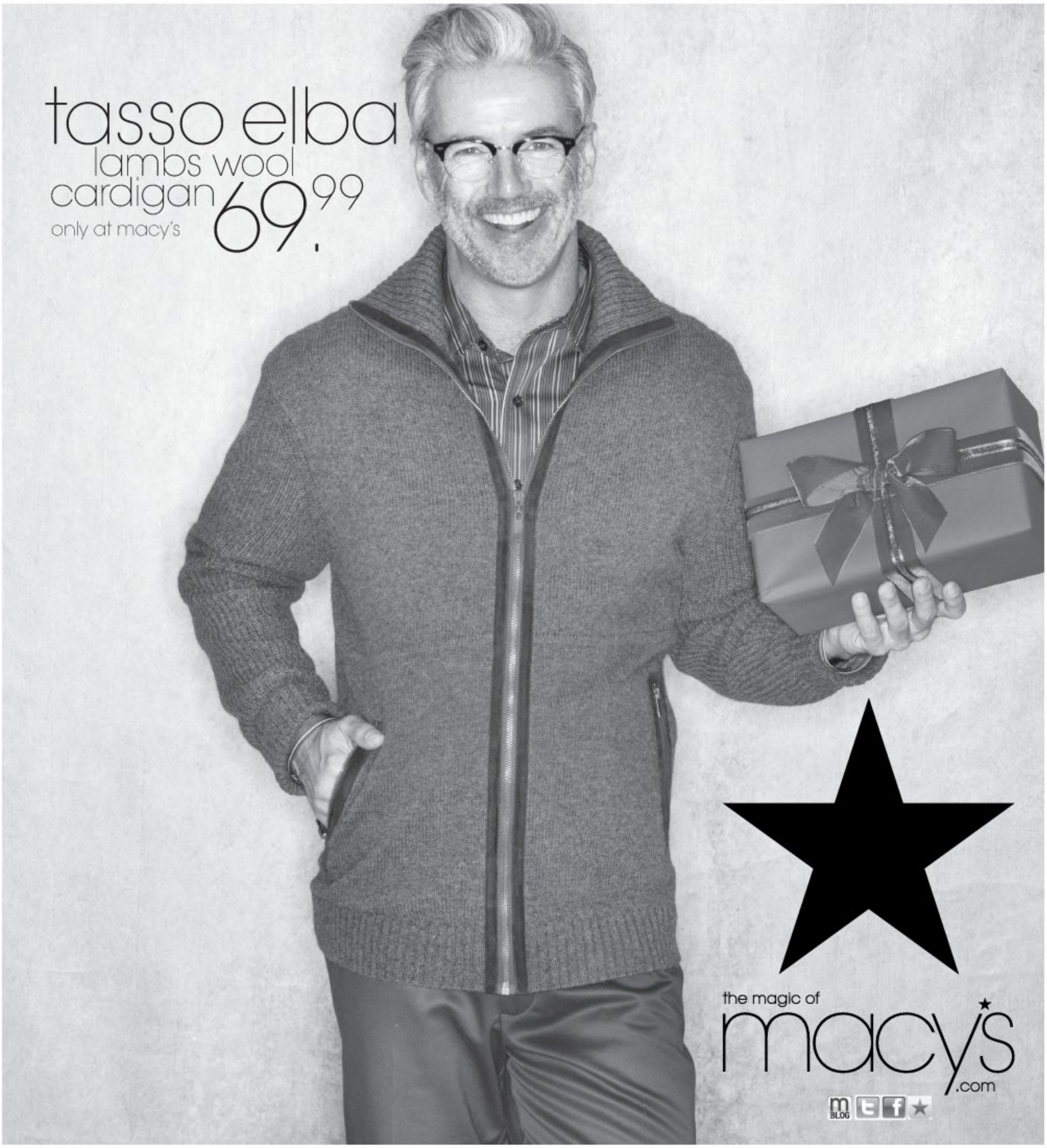
Marlon Colindres, 35, Brooklyn, interpreter
"I don't think it's dead, I think it's lacking a voice. Everyone's fighting something different. If they want to have a voice, they should vote for Ron Paul."

Patty Delrio, 40, Long Island, paralegal
"Since their big march, we haven't seen much of them. Maybe they're regrouping? I was for what they were doing; they just need to make sense first."

Ralph Calabro, 37, Brooklyn, finance
"It's done, it's dead. The ground zero of the movement is vacant and they're scattered. It's no longer gaining momentum. They should occupy a desk already."

Mark Covais, 38, Bronxville, educator
"The camp is dead, but hopefully the idea is not dead. They've made my commute hell. I'd love to camp out in a park too, but I have to work."

Farrah Gaspard, 19, East New York, student
"I don't think it's dead; they just need to regroup and organize more. I think they should all go to Albany and occupy where the bigwigs are."



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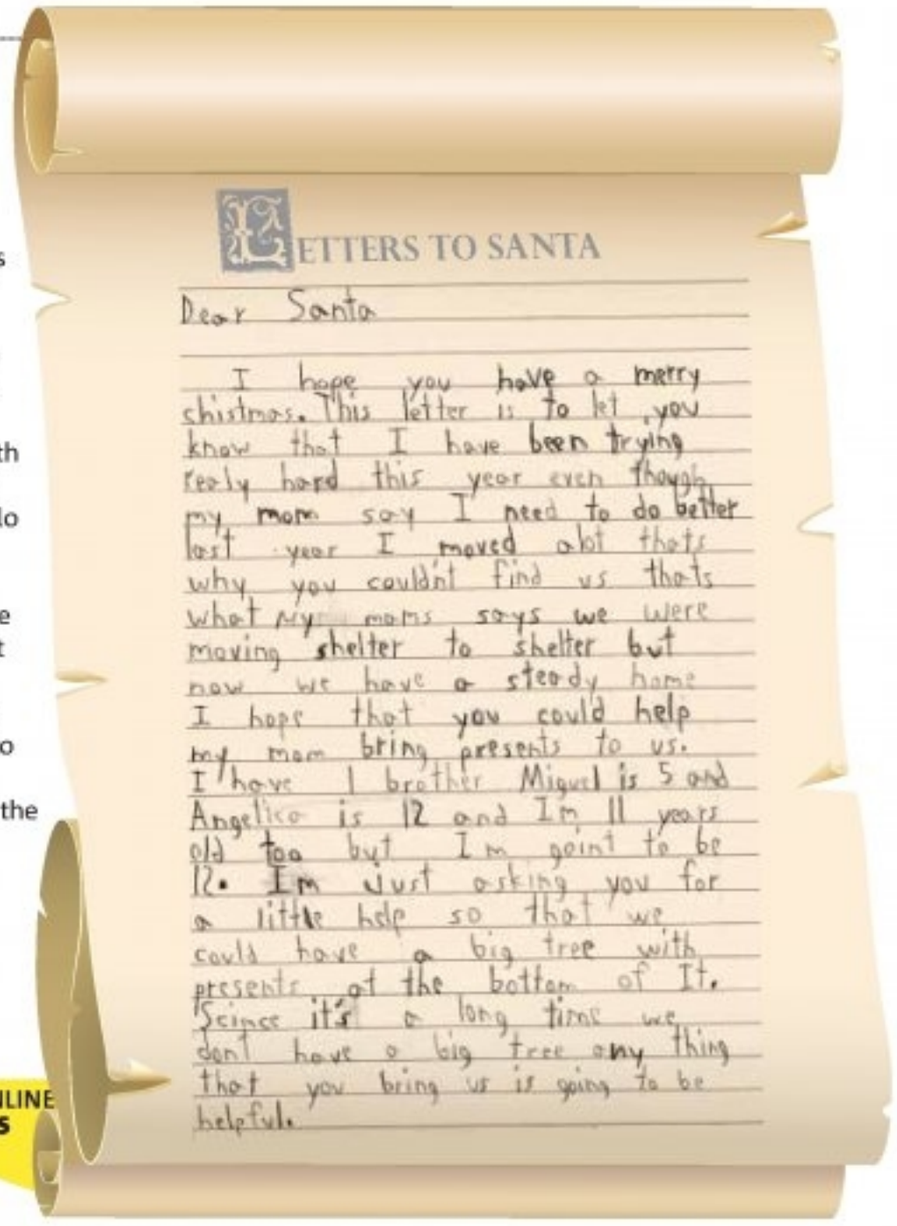
A new home after shelter holidays

Play Santa's helper this Christmas season for one New York family One lucky reader will win a free TV



LETTERS TO SANTA

Dear Santa

I hope you have a merry chistmas. This letter is to let you know that I have been trying reely hard this year even though my mom say I need to do better last year I moved alot thats why you couldn't find us thats what my moms says we were moving shelter to shelter but now we have a steady home I hope that you could help my mom bring presents to us. I have 1 brother Miguel is 5 and Angelica is 12 and Im 11 years old too but Im goint to be 12. Im just asking you for a little help so that we could have a big tree with presents at the bottom of It. Scince it's a long time we dont have a big tree any thing that you bring us is going to be helpful.

See that letter at left? It's from Anthony, an 11-year-old boy who lives in New York City.

Anthony spent last Christmas in a homeless shelter, but this year he and his family — his mother, older sister Angelica and 5-year-old brother, Miguel — have a home. He is just one of hundreds of children who sent a letter to the New York branch of Toys for Tots this year, asking Santa for a gift.

Dozens have already given, but if you participate in our Metro Magic toy drive, you can help make Anthony's and his siblings' wishes come true on Christmas morning.

Metro Magic toy drive

1: Log on to www.metro.us and look for this Metro Magic logo:

2: One click on the logo will take you to a "Wish List" we have set up via a secure link on ToysRUs.com. Once there, you can see all the toys we've already requested with more added daily. Simply select the toys you want and purchase them. That's it!

- Selecting only the toys on our wish list ensures that all the gifts will be shipped to our offices and then picked up by Toys for Tots.
- If you donate, e-mail us at **charity@metro.us** letting us know what you gave and we'll shout out a "thank you" in the paper! METRO

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Buy a gift and you may win a free TV.

- Any reader who buys a gift for a needy New York child is eligible to win a free 42-inch LCD TV from Kiss Electronics, located at 23 W. 125th St., across the street from the iconic Apollo Theater.
- As long as your name is included in the gift purchased on ToysRUs.com, which will then be mailed to Metro's downtown office, you will be in the running for the TV drawing.
- Any questions, call Kiss Electronics at 212-932-111.

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Cellphone signals tracking shoppers?

New York senator warns that stores can follow you while browsing Asking the FTC to examine practice

Careful while shopping this holiday season — someone might be watching your every move.

Major retailers are considering tracking customers' locations in stores, using anonymous signals transmitted by their cell phone antennas, Sen. Charles Schumer warned yesterday.

Stores like JCPenney and Home Depot are considering "footpath" technology, which enables store officials to track customer locations, he said. Two malls in California and Virginia adopted the technology, but halted implementation just before Black Friday throngs hit,

▶ Schumer

Schumer said.

But stores or malls in New York could implement the technology without telling consumers — meaning you could be tailed and never know.

By tracking customers' whereabouts, and by seeing where in stores they head first, retailers would be able to better position their products to consumers' walking routes, proponents of the controversial service explain.

No phone numbers are available in the anonymous tracking, but Schumer said people should be alerted before their location is noted.

"Personal cellphones are just that — personal," Schumer said. "It shouldn't be up to the consumer to turn their cellphone off when they walk into the mall to ensure they aren't being virtually tailed."

ALISON BOWEN
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JASON KEMPIN/GETTY IMAGES

Holiday decorations. Windows

▶ Ten percent of profits from Macy's window sales go to the Make-A-Wish Foundation.

When you wish upon a store!

The theme of this year's holiday window display at Macy's is "Make-A-Wish," where children from the Make-A-Wish Foundation have written their hopes into the decorations. Betsey Johnson designed ornaments for the display. METRO/AB

Conspiracy allegations in DSK case

PARIS. Supporters of Dominique Strauss-Kahn are calling for a probe into allegations that French President Nicolas Sarkozy's political party might have hacked DSK's e-mail shortly before a maid accused him of attempted rape. The request comes after an article yesterday in the New York Review of Books claims that DSK was alerted the morning of his May 14 arrest that a private e-mail had been read at Sarkozy's UMP party offices. The article also questions why two men high-fived at the Sofitel after DSK's arrest. METRO/AB

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the early show Tune into the CBS Early Show at 7am for letter count updates to Santa throughout the holidays.

City teacher accused of raping teen student

- Prosecutors say she had a two-year relationship with 14-year-old boy
- Her attorney says the teen made up claim after being accused of theft

A sixth-grade public school teacher is out of jail after she was arrested last week and accused of allegedly raping one of her teenage students.

Claudia Tillery, 42, was handcuffed Tuesday after a 14-year-old boy came forward alleging a two-year sexual relationship with her.

Tillery works as a humanities teacher at Middle School 35, the Stephen Decatur School, in the Bed-Stuy section of Brooklyn.

The victim went to the police with his accusation on Nov. 22, telling them he had a sexual relationship with Tillery that began when he was 12 and lasted for two years, according to the New York Daily News. Prosecutors said she allegedly slept with the boy in both her Crown Heights home and at a motel in the borough.

▶ Tillery

Quoted

"It makes me very disappointed. ... She's straight with us in class. She doesn't have extra relationships with us. The only thing she gives us is detention."

STUDENT, REPORTED BY DAILY NEWS

Tillery, a mother of three, was charged with rape and sexual abuse. She is also accused of having drugs and alcohol around the boy.

Her lawyer said the charges against her are false, and told reporters she only mentored the boy, arguing that the teen was angry after he was arrested for stealing Tillery's cell phone. Tillery was released on bail Thursday morning.

She has been removed from the classroom until the case against her is resolved.

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Pakistan enraged over NATO attack

- Differing reports on cause of the deadly incident
- Could undermine efforts to improve US-Pakistan ties

Fury spread in Pakistan yesterday regarding a NATO cross-border air attack that killed 24 Pakistani soldiers and could undermine the U.S. effort to wind up the war in Afghanistan.

Last night in Pakistan, more than 40 hours after the incident, many questions remained.

NATO described the killings as a "tragic unintended incident" and said an investigation was under way. A Western official and an Afghan security official who requested anonymity said NATO troops were responding to fire from across the border.

It's possible both explanations are correct: that a retaliatory attack by NATO troops took a tragic, mistaken turn in harsh terrain where identifying friend and foe can be difficult.

Militants often attack from Pakistani soil or flee after combat across a porous border that NATO-led troops, under their United Nations mandate, cannot cross.

What is clear is the incident could undermine U.S. efforts to improve ties with Pakistan so that the regional power helps stabilize Afghanistan before NATO combat troops go home by the end of 2014. REUTERS

NATO protest

Thousands gathered outside the American consulate in the city of Karachi yesterday to protest the attack. A Reuters reporter at the scene said the angry crowd shouted "Down with America."

FREDERIC J. BROWN/AFP/GETTY IMAGES

Protest. Time's up

▶ Men remain camped out in front of a graffiti-strewn wall at the Occupy LA site.

Occupy LA faces eviction deadline

Hundreds of anti-Wall Street protesters who have camped outside Los Angeles City Hall for weeks faced a midnight eviction deadline with plans to throw a party they hoped might forestall a raid. Mayor Antonio Villaraigosa said on Friday that the Occupy LA protesters would be given until 12:01 a.m. today to dismantle their tents, pack up their belongings and clear out — or face forcible removal. REUTERS

Influential newspaper backs Newt

WASHINGTON. New Hampshire's largest newspaper endorsed Newt Gingrich in the Republican presidential race yesterday, giving the former House speaker a boost in a state where Mitt Romney has been expected to excel.

The endorsement validates Gingrich's recent rise as a candidate — months after many political pundits thought his campaign was as good as over following a series of missteps — and is a blow to Romney's aspirations. REUTERS

GOP to rework budget cuts

WASHINGTON. Republicans will try to spare defense programs by reconfiguring the $1.2 trillion in spending cuts that are to be triggered in 2013 by the collapse of a congressional deficit-cutting committee, a GOP senator said yesterday. REUTERS

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▶ William

At sea, a royal rescue

LONDON. One man has been found dead and five are missing after a Russian-crewed cargo ship sank in gale force weather overnight in the Irish Sea, Britain's coast guard agency said yesterday, following a rescue mission co-piloted by Prince William, son of heir-to-the throne Prince Charles. William is serving as a Royal Air Force search and rescue helicopter pilot at a base on the Welsh coast. **REUTERS**

US shoppers enthusiastic for gift deals

More people headed to stores and websites during the Thanksgiving holiday weekend, and average spending per person rose 9.1 percent as bargain-hunting shoppers scooped up discounts on everything from gadgets to hoodies, a National Retail Federation survey yesterday showed.

The trade group's survey found that a record 226 million shoppers visited stores and websites over "Black Friday" weekend, up from 212 million last year.

It defines the Black Friday weekend as Thursday, Friday, Saturday and projected spending for Sunday.

According to its survey, the destination of choice appeared to be department stores, with nearly half of holiday shoppers visiting at least one.

About 38 percent of shoppers said they went to discount retailers. **REUTERS**

$52B
Total spending reached an estimated $52.4 billion versus $45 billion in the year-ago period.

$398.62
The average spending for the weekend rose to $398.62 per person from $365.34 a year ago.

STAN HONDA/AFP/GETTY IMAGES

▶ People crowd the Macy's aisles after the midnight opening to begin the Black Friday shopping weekend this past Friday.

metro MAN AND WOMAN OF THE YEAR 2011

Jennifer Lopez received a rash of nominations this weekend as Metro's Woman of the Year, as did Kate Middleton. But the nomination we enjoyed most came from Nelson Jimenez, of Stamford, Conn., who nominated Kim Kardashian "for pulling the wool over her fans' eyes with multiple TV shows, product endorsements and a FAKE marriage — all for publicity and high ratings."

Send your nominations for Man and Woman of the Year with a brief explanation to **mwoty@metro.us** through Friday, Dec. 9.

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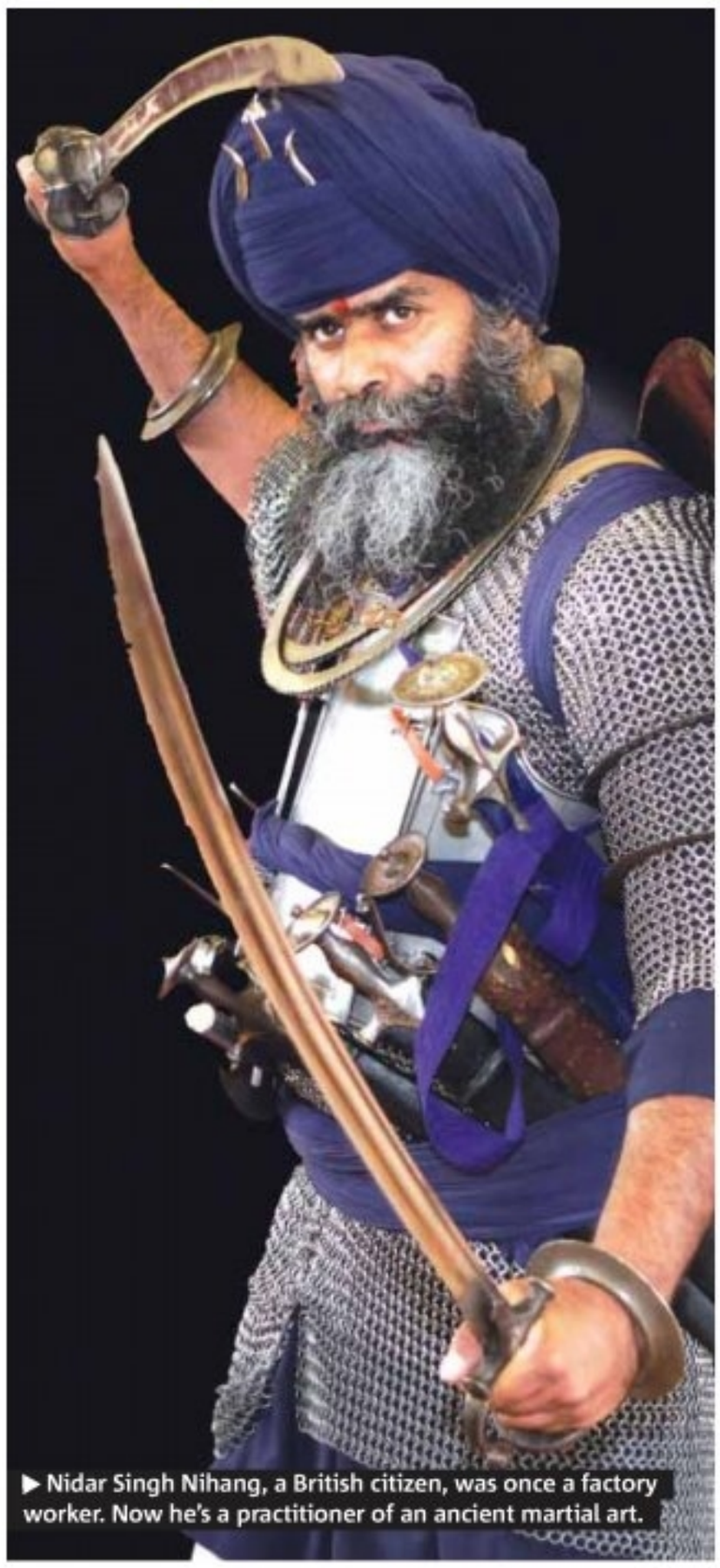


▶ Nidar Singh Nihang, a British citizen, was once a factory worker. Now he's a practitioner of an ancient martial art.

'MODERN'

He's a former food packer living in England's industrial heartland
Today he's the last living master of an ancient Indian martial art

He used to work in a food-packaging factory, but now 44-year-old Nidar Singh Nihang, from Wolverhampton, England, has an arguably more eyebrow-raising lifestyle.

Nihang is a full-time practitioner of the ancient Sikh martial art of shastar vidiya ("science of weapons") and claims to be the last surviving master of this warrior culture.

Developed by the Sikh community in the 17th century, shastar vidiya, as a combat battlefield martial art, came under attack from hostile Muslims and Hindus.

The British armies forced Sikhs to give up arms in the 19th century, forcing the martial art underground. But the ancient tradition was kept alive by people passing it on from one generation to the next.

Nihang, a father of four, is now on an urgent quest to find a successor; he does so by scouring the hillsides of northern India and Pakistan. Nihang also holds classes three days a week to any enthusiasts who wish to learn the ancient martial tradition — that includes learning about unarmed combat and how to use daggers, swords and spears.

"In the students I do look for physicality, but at the same time shastar vidya is a conceptual art, an intellectual art," Nihang tells Metro. As part of his daily routine, Nihang recites ancient mantras and reads ancient Vedic texts.

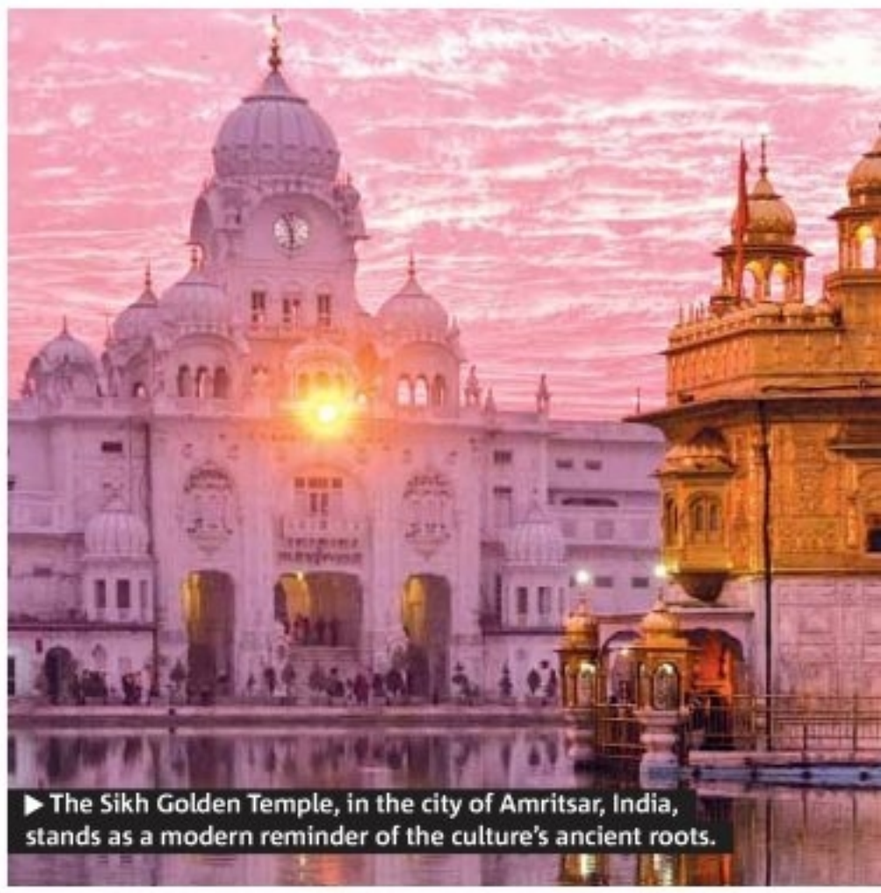
In fact, according to Nihang, you have to teach "classical Indian music, medicine or history" while practicing as a master of shastar vidiya.

ANTHONY JOHNSTON
letters@metro.us
METRO WORLD NEWS IN LONDON

The hand of fate

It was by sheer good fortune that Nihang got involved in shastar vidiya.

- Born in the U.K., his parents made sure he stayed close to his roots by having him often visit his grandparents in the village of Shadipur, in the northwest state of Punjab. On one visit when he was 17, he was introduced to an 80-year-old guru, Mohinder Singh, a master of shastar vidiya.
- "The master said to me, 'Do you want to learn a fighting art?' I couldn't turn him down so I agreed," Nihang recalls. "He produced a long stick and asked me to attack him. When I tried to strike, he threw me back; he literally sunk his body mass into mine."



▶ The Sikh Golden Temple, in the city of Amritsar, India, stands as a modern reminder of the culture's ancient roots.

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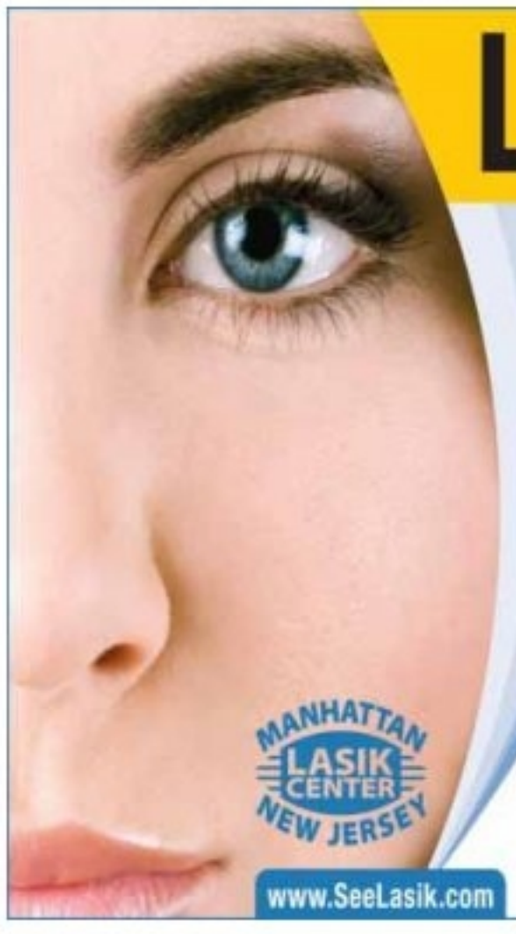

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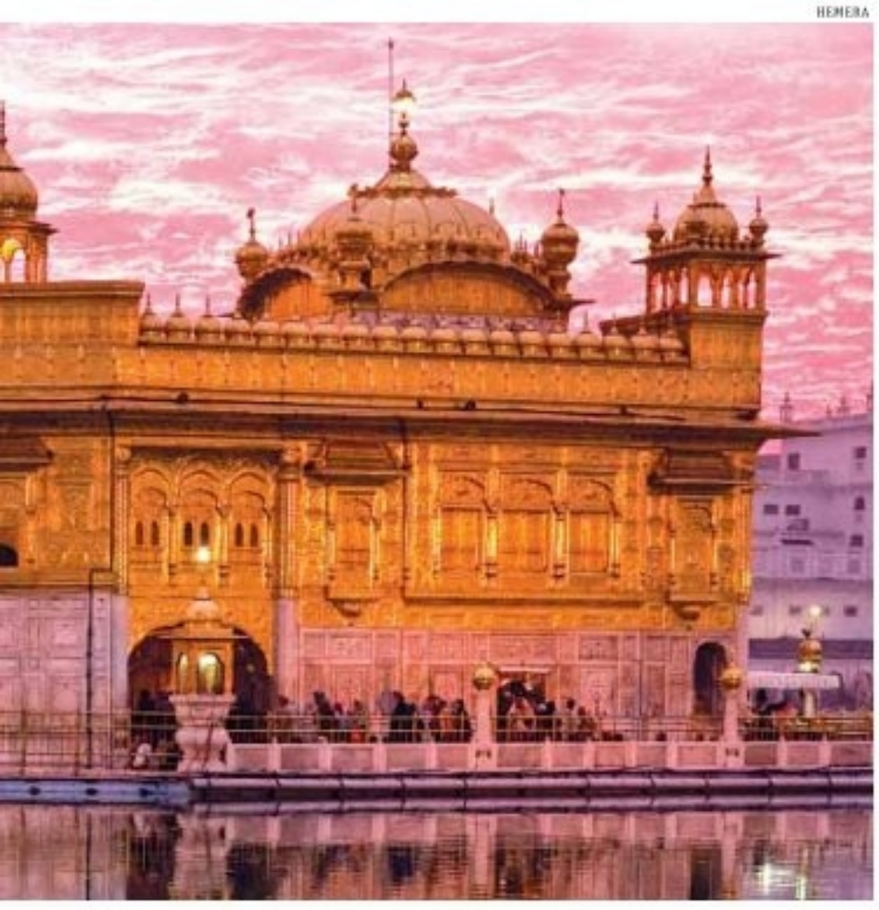
WARRIOR

HEMERA



Studying the ancient 'science of weapons'

LONDON. According to Nihang, the martial art is based on a five-pronged movement. "You advance on the enemy with a low center of gravity, hit their periphery, deflect any of their blows, establish a superior tactical position and cut him down," he says.

"This is a very quick, efficient and subtle means of attack," he adds.

Another important aspect of the art is the ornate costumes. Nihang says in a practical sense, dark blue is the best color of clothing: "It's great for camouflage at night and good for concealing blood wounds — they'll look like sweat.

"Turbans, rather than helmets, are preferable in the heat of the sun. Otherwise, your brains would cook!" he exclaims.

Real weapons are also a part of shastar vidiya.

"Most of our weapons are antiques, from as far back as the 16th century — they've all been passed down through various families," Nihang says.

"The weapons are not garishly gold and silver — they are practical and real battlefield weapons."

"But I have never known any serious injuries, because we take more care with our very sharp weapons," he adds.

MWN/AJ

▶ Sikh warriors use practical battlefield weapons, Nihang says.

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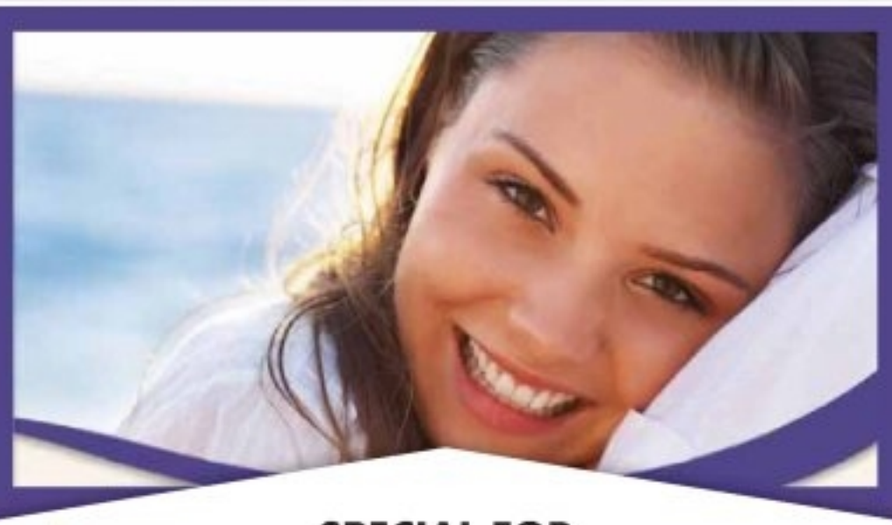

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WHY NOW IS A GOOD TIME TO SELL!

The economic downturn of the last few years has caused the price of gold, silver and many commodities to their highest levels in over 30 years. This is the best time in decades to sell your unused gold, silver, platinum and diamond jewelry at the highest prices ever.

FINE JEWELRY

All Kinds, Time Periods & Types

We will pay up to the following for rare & collectible jewelry:

Silver Jewelry	Up To	$750	Art Deco	Up To	$13,000
Brooches	Up To	$15,500	Cuff Links	Up To	$1,000
Pendants	Up To	$8,000	Pins	Up To	$5,500
Necklaces	Up To	$26,000	Rings	Up To	$16,000
Cocktails Rings	Up To	$15,500	Art Nouveau	Up To	$12,500
Charm Bracelets	Up To	$5,500	Lavalieres	Up To	$8,000
Earrings	Up To	$10,500	Garnets Jewelry	Up To	$1,000
Bracelets	Up To	$13,000	Bakelite Rings	Up To	$750
Cameos	Up To	$750	Floral Design	Up To	$10,500
Victorian	Up To	$10,500			

We Need Your Jewelry Items!

Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!

DIAMONDS

Instant Cash For:

1/4 Carats	Up To	$375
1/2 Carats	Up To	$1,500
1 Carats	Up To	$4,250
2 Carats	Up To	$15,250
3 Carats	Up To	$20,000
4 Carats	Up To	$35,000
5 Carats	Up To	$43,000
6 Carats	Up To	$55,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts

Bring your items in for a FREE EVALUATION!

SILVER JEWELRY

We Buy in Any Style & Condition!

Both Men & Women's Silver Jewelry Purchased

- Rings
- Earrings
- Chains
- Necklaces
- Pendants
- Bracelets
- Anklets
- Toe Rings
- Engraved

GOLD

All Types Needed Instant Cash For:

Pay up to for the following:

Chains & Necklaces	Up To	$250
Class Rings	Up To	$500
Charm Bracelets	Up To	$5,500
Wedding Bands	Up To	$250
Mountings	Up To	$750
Antique Items	Up To	$5,500
Single Flatware Items	Up To	$750
Dental Gold Items	Up To	$500
Coins & Bullion		Bring for quote
Scrap Gold		Bring for quote

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!

ALL TYPES OF COINS WANTED

We will pay up to for the following rare coins:

*U.S. Silver Halves 1934 and Older	*U.S. Three Cent Pieces 1889 and Older
*U.S. Silver Quarters 1932 and Older	*U.S. Two Cent 1873 and Older
*U.S. Silver Dimes 1934 and Older	*U.S. Indianhead 1 cent 1909 and Older
*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

Your Coins Could be Worth Up To Hundreds — Even Thousands!

**Check your items to see if you own any of these valuable coins:*

U.S. Silver Halves - 1870 CC	Up To	$3,000
U.S. Silver Quarters - 1901 S Quarters	Up To	$2,500
U.S. Silver Dimes - 1885 S	Up To	$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse	Up To	$4,000
U.S. Two Cent - 1864 Small Motto	Up To	$1,000
U.S. Large Cent - 1803 Large Date Small Fraction	Up To	$1,250
U.S. Half Cent - 1793	Up To	$1,250

SILVER DOLLARS

We pay up to the following for rare dollars:

United States

1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse	Up To	$25,000
Gobrecht reeded edge dye alignment	Up To	$5,500
1873CC Liberty Sealed	Up To	$5,500
1878CC	Up To	$15,500
1889CC	Up To	$13,000
1928	Up To	$5,500

Our Aim is to Beat Most Offers!

We Strive to Beat All Legitimate Written Offers

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

Why We Can Usually Pay More Than Other Dealers

Most jewelers and dealers specialize in few items and focus on newer looking items to resell. Because they are unfamiliar with many other items including vintage jewelry, old watches, coins, flatware, etc. they tend to offer very low prices because these items are not readily saleable for them. Our company has many specialized buyers for the various classifications of items that we purchase, therefore we can usually pay more.

A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth $7,000 in new condition or less than $20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

Customer Satisfaction

Most of our business comes from satisfied customers and referrals which includes their friends and families. Our showrooms are safe and private. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

Free Admission • No Appointment Necessary
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2 DAYS ONLY!

WEDNESDAY, NOV. 30th & THURSDAY, DEC. 1st at the Hilton New York Hotel and the Marriott Brooklyn Bridge.

YOUR ITEM LIST

Take a few moments to check ✓ off the items you may have that we need!

- ✓ **JEWELRY:**
- ☐ Gold Jewelry
- ☐ Silver Jewelry
- ☐ Diamond Jewelry
- ☐ Wristwatches
- ☐ Pocketwatches
- ☐ Antique Jewelry
- ☐ Cameos
- ☐ Platinum Jewelry
- ☐ Charm Bracelets
- ☐ Gold Rings
- ☐ Garnet Jewelry
- ☐ Enamel Items on Gold & Silver
- ☐ Dental Gold
- ✓ **COINS & PAPER MONEY:**
- ☐ Silver Dollars (Pre-1935)
- ☐ Silver Coins (Pre-1964)
- ☐ Silver Bars
- ☐ Gold Bars
- ☐ U.S. Gold Coins
- ☐ Foreign Gold Coins
- ☐ Gold Bullion Coins
- ☐ Proof Sets
- ☐ Mint Sets
- ☐ Paper Money (1860-1934)
- ☐ Coin Collections
- ☐ Carson City Silver Dollars
- ☐ Indianhead Pennies
- ☐ Investment Coins
- ☐ Certified Coins
- ✓ **STERLING SILVER:**
- ☐ Silver Jewelry
- ☐ Flatware Sets
- ☐ Single Flatware Items
- ☐ Tea Sets
- ☐ Antique Items (all kinds)

PLEASE NOTE: We can arrange one of our representatives to visit your home if you have a large jewelry and coin collections.

STERLING SILVER

All Time Periods, Kinds & Types

We will pay up to for the following:

Centerpieces	Up To	$3,500
Claret Jugs	Up To	$750
Epergne	Up To	$8,000
Full Flatware Set	Up To	$8,500
Punch Bowls & Sets	Up To	$5,000
Single Flatware Items	Up To	$750
Tea Sets	Up To	$10,500
Trophies	Up To	$1,500

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.

GOLD COINS

We pay up to the following for rare gold:

United States

*$1.00	1849 to 1889	*$5.00	1795 to 1833	*$10.00	1795 to 1804
*$2.50	1796 to 1834	*$5.00	1834 to 1838	*$10.00	1839 to 1932
*$2.50	1840 to 1929	*$5.00	1839 to 1908	*$20.00	1850 to 1933
*$3.00	1854 to 1889	*$5.00	1908 to 1929		

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

$1.00	1849C	Up To	$10,500
$2.50	1796 Capped Bust large left side	Up To	$18,000
$2.50	1841 Quarter Eagle Liberty Head	Up To	$5,000
$3.00	1854D	Up To	$10,500
$5.00	1795 Small Eagle	Up To	$52,000
$5.00	1838D	Up To	$10,500
$5.00	1842C Small Date, 1861D, 1864S	Up To	$6,500
$5.00	1909O, 1929	Up To	$6,500
$10.00	1793 13 Leaves Below Eagle, 1796 9 Leaves Below Eagle	Up To	$20,500
$10.00	1859O, 1863S, 1875	Up To	$8,000
$20.00	1856O, 1854O, 1860O, 1861S, 1870CC, 1886, 1891	Up To	$10,500

WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

A. Lange	$25,500	Gallet	$1,250	Tiffany & Co.	$15,000
Audemars piguet	$32,500	Grubelin	$42,500	Ulyssee Nardin	$10,000
Ball	$4,000	Hamilton	$500	Vacheron & Constantin	$26,000
Breitling	$15,000	Illinois	$1,500	Chronograph Watches	$16,500
Cartier	$12,500	Jules Jurgenson	$16,000	Ladies Watches	$11,000
Corum	$3,000	LeCourtte	$6,000	Musical Watches	$37,500
Ditishiem	$14,000	Longines	$13,000	Pocket Watches	$52,500
Dudley	$11,500	Movado	$2,500	Regular Watches	$11,000
E. Howard & Co.	$12,000	Omega	$2,500	Repeating Watches	$65,000
Elgin	$750	Rolex	$16,000	Stop Watches	$11,000
Frodsham	$12,000	Seth Thomas	$1,500	World Time Watches	$37,500

Breitling Up To $15,000 | Rolex - All Kinds Up To $16,000 | Pocketwatches Up To $52,500 | Cartier Up To $12,500 | Longines Up To $13,000

PLEASE NOTE: We also purchase watches that are NOT in working order.

SILVER COINS

Paying Up To 2000% of Face Value.
1964 or Prior.

Why You Should Sell Now!

The Economy & Market Value

The recent downturn of our economy during the last three years has caused gold and other precious metal prices to soar to the highest levels of all time. This is the reason this is best time to sell before prices drop.

Get Cash Immediately

Our professional staff will provide you with a speedy evaluation and make all payments in cash.

No Charge

We do not charge for our consultations. Find out how much cash your unwanted items will put in your pocket. Many customers have been surprised and delighted by the amount of money they received.

Safe, Secure & Friendly

Our showrooms are safe and private. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

Licensed, Bonded & Insured

We are licensed, bonded and insured in all cities and towns in which we conduct business.

Help the Environment

Using recycled precious metals for jewelry is an important way for jewelers to source precious metals more responsibly. Precious metals that have already been used in some way, including "vintage," "renewed," or "reclaimed" metals from jewelry and electronics, are not directly implicated in the destructive impacts of mining. They do not share responsibility for the impacts of mining in the same way that newly mined gold does.

Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!
— *C. Pace*

I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to my friends!
— *J. Grace*

It was really fast!
— *A. Davis*

I heard about this store from the radio and as soon as I got the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!
— *J. Simek*

My service was exceptional!
— *C. Sweeney*

Very informative & professional. A relaxed atmosphere & experience.
— *D. Rees*

The staff was helpful and friendly. I was able to take old jewelry and walk away with a handsome amount of money.
— *D. Smith*

I was offered a certain amount at one place and when I told RCFG the amount they beat the price by a good amount. People are very friendly and courteous.
— *J. Bloomquist*

Had fun selling my old jewelry that was broken. Received some extra cash for Springtime and our new puppy. I would reccomend RCFG!
— *C. Lang*

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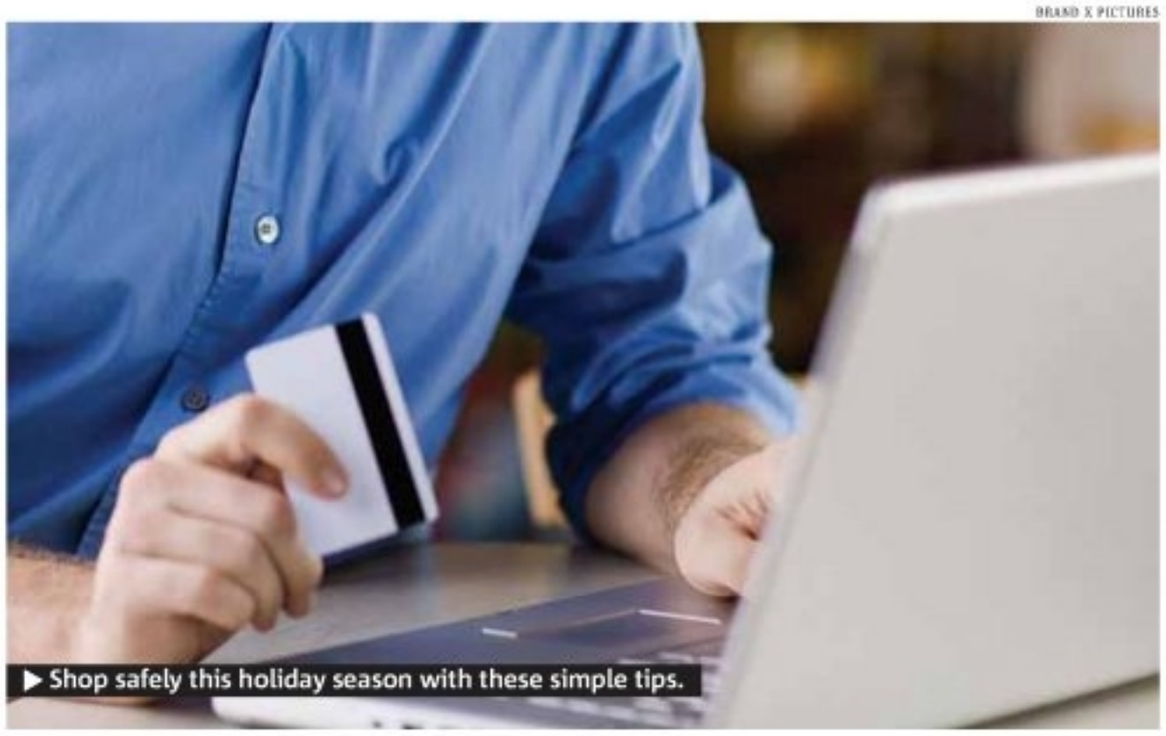
10 Tips to avoid scams on Cyber Monday

Vice president of Check Point's Consumer Business ZoneAlarm, Bari Abdul, breaks down the easiest ways you can avoid fraudulent online offers and hoaxes

It seems that the holiday shopping season comes earlier and earlier each year. Luckily, in the digital age, you can ditch the long lines of Black Friday and join the Cyber Monday crew by doing all your shopping online. However, cybercriminals exploit the holiday season and target Internet users through a variety of methods, including online shopping scams, fraudulent e-mails, e-card and phishing schemes and more. Follow these 10 tips to protect yourself while shopping online.

BRAND X PICTURES



▶ Shop safely this holiday season with these simple tips.

1 Install, update and activate your security software
At a minimum, use a firewall and antivirus software to protect you from malware that gives cybercriminals easy entrance into your computer and accounts. There are many free options. If you only use antivirus, be sure to add a two-way firewall to block hackers from entering your computer and using it to send out attacks and spam.

2 Use strong, unique passwords
Always create strong passwords for all online accounts and include letters, numbers and symbols. Longer passwords are more secure and harder to crack. Hackers employ special password-cracking software to guess their way into your accounts. Avoid using the same password for every account — it makes it easier for hackers.

3 Only connect to legitimate Wi-Fi networks
Before you connect to a network and start shopping online, verify that the Wi-Fi network name (SSID) you are connecting to is from a legitimate service.

4 Make sure it's the real site
Scammers often target users through phishing on e-mail and social media. These messages include a link or pop-up that encourages you to click on it for "special deals" or to verify information from a seller or courier, such as FedEx and UPS. The site may look similar to a real site, such as Amazon, but is actually a trap meant to steal your login or financial information.

5 Only shop from secure sites
When paying online, verify that you are on an SSL secured site — the Web address will start with https:// and have a little padlock icon next to it. Websites that are SSL-secured will encrypt sensitive information such as credit card numbers during the transaction. You can also click on the padlock icon to verify the identity of the certificate owner.

6 Look for third-party seals of approval
If you see a Better Business Bureau or TRUSTe symbol, it means the site must adhere to certain standards regarding business practices and personal information.

7 Beware of deals that are too good to be true
The holiday season means some goods and gift cards are hot properties on the market, and cybercriminals will exploit consumers trying to get their hands on them. Stick to legitimate retailers and avoid these types of gimmicks.

8 Use a dummy e-mail account
Many sites require accounts/e-mail logins to use. If you set up an additional e-mail account to be used only for marketing, newsletters or online shopping, your personal correspondence and information won't be at risk (and you won't get as much unwanted spam).

9 Use a credit card
Shopping with a debit card online puts your checking and savings account at risk if the information is stolen. Credit cards offer protections that debit cards don't, and you can dispute charges if needed.

10 Read privacy agreements
If you don't want to increase the chances of your information being accessed online, keep an eye out for websites that sell your information to third parties. Carefully review all privacy agreements and decide for yourself whether you're willing to click "Agree."

BARI ABDUL FOR Mashable The Social Media Guide

Expert tip

If you do encounter fraud, contact the Federal Trade Commission and submit a complaint form on the FTC website.

The bottom line

The holiday shopping season means more security threats. If you follow these tips, take the proper precautions and trust your gut, you will greatly decrease your chances of being scammed by hackers.

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AND MUCH MORE

News in brief

Retailers adapting to mobile holiday shopping boom

When it comes to holiday shopping, more people are phoning it in, forcing retailers to embrace new ways to connect or else lose sales.

Lowe's Companies, Best Buy and Toys R Us are among retailers making big changes to prepare for a wave of holiday shoppers who will use smartphones to research products, check rivals' prices and make purchases.

"The shopping experience is in the consumer's hands and you can't fight where they're going," says Gihad Jawhar, vice president of Lowes.com. "Retailers can either hop on the bus or get left behind."

Lowe's is issuing more than 42,000 Apple iPhones to employees in more than 1,700 stores. When shoppers are in Lowe's stores scanning bar codes with their phones, checking prices, employees can engage them better using iPhones to track down similar information. Staff can also check if products are in stock or available on Lowes.com or another store nearby, and can often match or beat a price a consumer finds elsewhere via a smartphone.

WIREIMAGE

▶ In order to compete, retailers are now researching prices via smartphones just as much as consumers.

More than 40 percent of retailers this year have a policy of at least competing with lower online prices found through mobile comparisons. Ahead of last year's holiday season, most retailers were still in denial about this trend, according to research firm RSR.

The mobile shopping boom is putting billions of dollars in sales up for grabs in an industry that is being pummeled by lackluster economic growth. U.S. retail e-commerce holiday sales will rise 17 percent to $46.7 billion in 2011, while total retail sales will grow about 3 percent this season, eMarketer forecast last week. But mobile commerce is growing even faster.

ALISTAIR BARR/REUTERS

Hard-to-find shopping just became easy

Let TheFind.com do all the legwork this holiday season ◗ Shopping search engine brings 'all of the stores to one place' ◗ Just browsing? There's an app for that

▶ The local tab on TheFind.com will generate search results found in physical stores near you.

Your holiday shopping mission: Find the ski jacket your girlfriend has been coveting in her very popular, usually-sells-out size and in the color she likes — and by the way, it's from last season. Luckily, you have a magic wand in the form of TheFind.com at your disposal.

"We bring all of the products from all of the stores to one place," explains TheFind CEO Siva Kumar. Through technologies that include data from Facebook's Open Graph, TheFind is able to comb through roughly half a million sites covering around 450 million products. (In comparison, "eBay worldwide has about 200 million items and Amazon has about 25 million items," Kumar says.)

But TheFind won't just track down that hard-to-find item — its search results also display prices, so you can find the best deal.

Now you can go ahead and buy those matching ski pants for your girlfriend, too.

Digital browsing

The search capabilities of TheFind are optimal when you know exactly what you're looking for. But shoppers who are "just browsing" can take advantage of the site's technology, too, with Catalogue.

▶ An app for the iPad and Android tablet devices, Catalogue brings together more than 150 popular catalogs (including J.Crew, Saks, Crate & Barrel, Sephora and more) for electronic wish list-making.

▶ The Catalogue app is available on iPad and Android tablet devices.

THEFIND.COM

▶ Kumar says that with this app: "[TheFind] doesn't assume you know what you want. Say you are looking for new jewelry — there are a lot of jewelry catalogs, and now you can look through them like you would at home — when you need them." All minus the coffee-table clutter.

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amber.ray@metro.us

Price-comparison technology in the palm of your hand

WWW.METRO.US/GIFTS
FOR MORE WAYS TO SAVE ONLINE THIS HOLIDAY

With its bar-code scan technology, the Shopping by The Find app (for iPhone and Android) allows users to check prices online as well as while shopping in stores. Want to find a better price, specs or review of that Blu-ray player? Scan the bar code, and the app delivers. "People really use their phone as a shopping companion right inside the store," says Kumar. The app also features maps (in case that cheaper price tag is just a few blocks away) and alerts for coupons and shipping deals.

5 Tips for wrapping gifts this holiday

Score big on Cyber Monday? You're not done yet. DailyCandy correspondent SuChin Pak shows us how to wrap those gifts up right.

1 Make a statement with ribbon and twine
Consider ribbon and twine your presents' key accessory — let it do the talking.
▶ **Kate's Paperie Satin Ribbon, $.73-$2.80 per yard,** www.katespaperie.com
▶ **Knot & Bow Glitter Twine, $20,** www.etsy.com/shop/knotandbow

1

2 Get crafty with wrapping paper
Use brown craft paper or a combination of stamps and old calendars to bring a hint of nostalgia to your holiday presents.

1

3 Personalized gift tags
Use on-trend gift tags to make your present feel current and fashion forward.
▶ **Seahorse Gift Tags, $3, www.etsy.com/shop/decadentdesigns**

4 Seal it
Decorative tape adds a bit of flair to any package.
▶ **Tape Swell tapes, $7, www.tapeswell.com**

3

4

5 Add a card
Don't forget to add a card and give your best wishes for the New Year.

CONTRIBUTED BY DAILY CANDY

Cyber Monday sales listings

Where to click and save on Nov. 28

chicBuds
15 percent off with code METRO15 through Dec. 31.
www.chicbuds.com
Metro pick: chicBuds Fauvette Speaker, $34.99 **(1)**

AT&T
Devices will be on sale for as low as 1 cent Black Friday through Cyber Monday.
www.att.com

Fred Flare
99 amazing gift items for less than $9.99.
www.fredflare.com
Metro pick: Candy Cane Shot Glass, $4.50 **(2)**

JCPenney
Special deals will be paired with free shipping on orders of $25 or more, Nov. 27-29.
www.jcpenney.com

REI
Save up to 30 percent on select winter gear, outerwear, clothing and boots. Free shipping on orders of $50 or more.
www.rei.com
Metro pick: Women's REI Lumen +25 Sleeping Bag , $149 **(3)**

SerendipiTea
25 percent off retail orders of $15 or more. Use promo code: CYBER MONDAY SAVINGS.
www.serendipitea.com

Get Maine Lobster
50 percent off the entire site.
www.getmainelobster.com

Adidas
Sunday and Monday, receive free shipping on all purchases with no minimum. Discounts include $15 off orders of $80 or more, $25 off orders of $100 or more and $40 off orders of $125 or more.
www.shopadidas.com

LOFT
40 percent off your entire purchase online and in store.
www.loft.com

L.L. Bean
10 percent off purchase (15 percent off with L.L. Bean Visa); free shipping (to the U.S. and Canada), no minimum purchase; free $10 gift card with $50 purchases through Dec. 24. **www.llbean.com**
Metro pick: Men's Maine Guide Shirt, Plaid, $139 **(4)**

Icebreaker
Check out the Icebreaker Touch-Lab SoHo page for updated info on deals: **www.facebook.com/pages/Icebreaker-Touch Lab-SoHo/166457053420337**
Metro pick: Women's Cascade Full Zip RealFleece Mid Layer, $180 **(5)**

Banana Republic
Nov. 26-28, save up to 40 percent off select styles.
www.bananarepublic.com

Endless
On Nov. 27-28, discounts include $30 off $100 orders, $60 off $200 orders and $100 off $300 orders.
www.endless.com

StocknGo.com
25 percent off of purchases $25 or more with code CYBER25.
www.stockngo.com

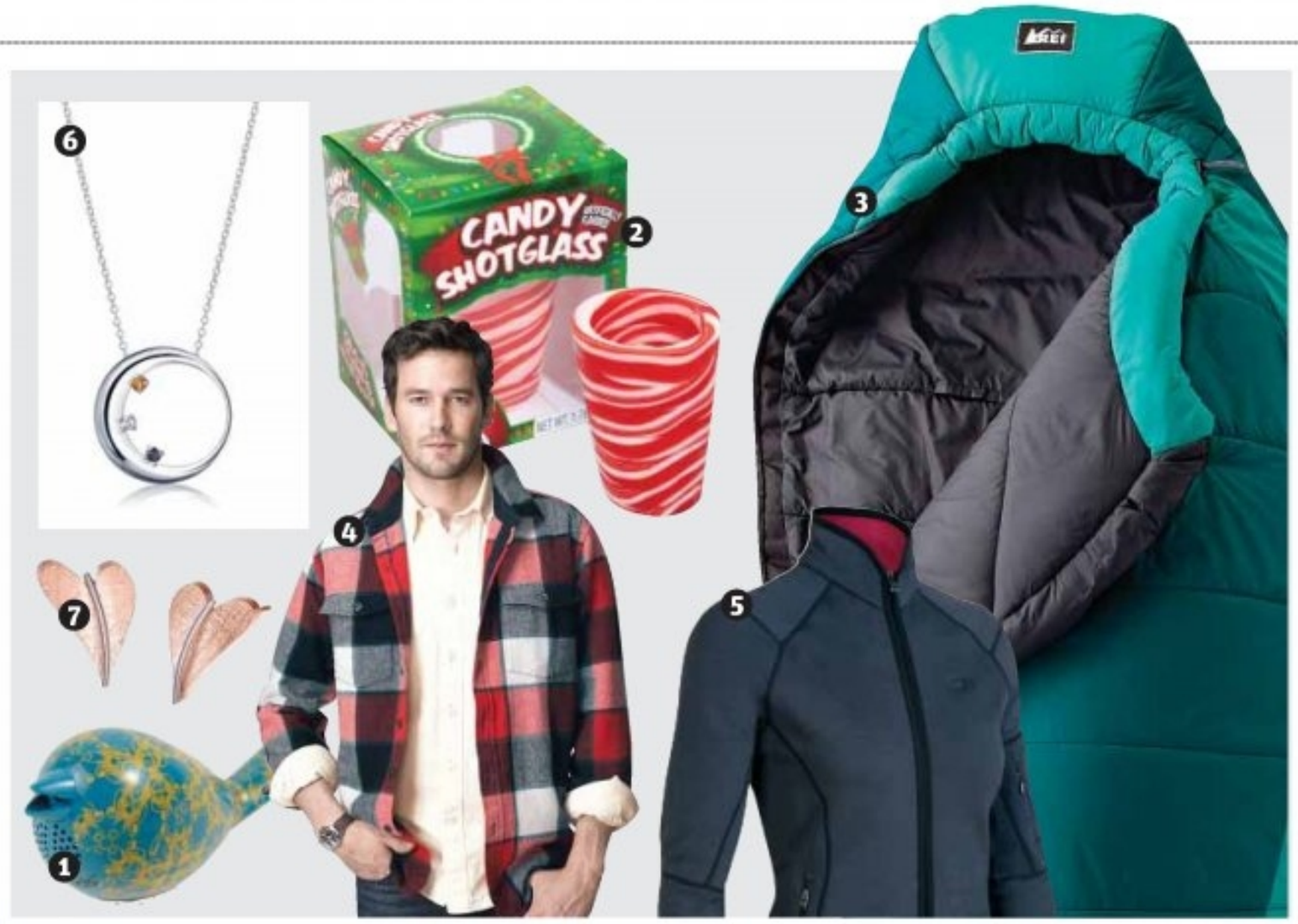
Space NK
Spend $150 online and enter code THANKS150 to receive a complimentary deluxe gift featuring an assortment of 10 beauty must-haves (while supplies last). **www.spacenk.com**

Luna and Stella
10 percent off purchases of $100 or more (12:01 a.m. to 11:59 p.m.). Use code METROUS11.
www.lunaandstella.com
Metro pick: Moon & Stars Birthstone Necklace, prices start at $150 plus stones **(6)**

Jewelista.com
Free shipping and 20 percent off everything (11 a.m. to 3 p.m.). **www.jewelista.com**
Metro pick: Rose Gold PVD Steel Heart Stud Earrings, $139 **(7)**

Send the Trend
$15 jewelry and accessories.
www.sendthetrend.com

Swarovski Crystallized
The entire site will be 20 percent off. **www.swarovski-crystallized.com**



Amazon Cyber Monday deals

Here's a sample of what you can expect to find on Amazon.com:

- Bodum Bistro Electric Handheld Immersion Stick Blender, Orange: $49.99 (save $50)
- Tiny Love Move & Play Gymini: $50 (save $24)
- Freshwater Cultured Pearl Button Stud Earrings, Set of 3: $16.99 (save $63)
- Save up to 60 percent off sweaters and fleece for women, men, kids and baby
- Save over 50 percent on select Hasbro games
- "Thriller" by Michael Jackson (MP3 Download): $4.99

Stay on top of the savings

Major retailers like Amazon, Wal-Mart, BestBuy, Target and Kohls are expected to continuously update their Cyber Monday deals throughout the day, so keep checking back. For one-stop sites providing up-to-the-minute info on Cyber Monday sales across the Web, check out these helpful links.

- www.cybermonday.com
- www.promocodes2011.com
- www.dealio.com/cyber-monday.html

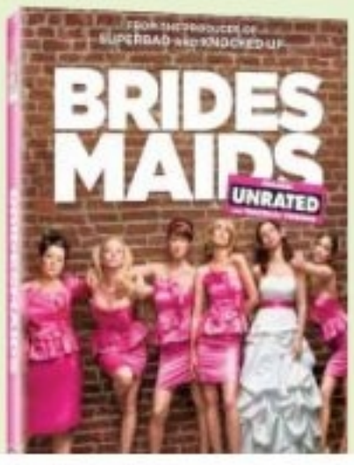
WWW.METRO.US/GIFTS FOR MORE CYBER MONDAY SALES

Movie magic

Deck the halls with DVDs

On of the best perks of shopping Cyber Monday is retailers' reactions to consumer demand — and competitors' price cuts. DVD titles are always prime candidates for price-slashing. And while we can't guarantee the titles on our list of gift picks will end up in your favorite website's 99-cent Cyber Monday bin, it is a good bet that you won't find them on sale cheaper than you will Nov. 28.

'Bridesmaids' [DVD with bonus features]
A hilarious, honest celebration of the friendships of women — unrated.
List price: $29.98



'ESPN Films: 30 for 30 Limited Edition Collector Set' [DVD]
Some of the greatest and most controversial moments in sports history are revisited through the lens of filmmakers including Albert Maysles, Barry Levinson, John Singleton and Peter Berg. The 12-disc set features all 30 films from the series.
List price: $149.95

'Harry Potter and the Deathly Hallows, Part 2' [Three-disc Blu-ray/DVD combo]
The saga of the magical boy wizard who inspired the imagination of kids of all ages comes to an end.
List price: $35.99

'Ken Burns' Prohibition' [Blu-ray]
Here's a toast to documentary filmmaker Ken Burns, who uses well-documented history and lesser-known stories to shed light on an important moment in America's past — the 18th Amendment to the U.S. Constitution.
List price: $44.99

'Looney Tunes Platinum Collection: Volume One' [Blu-ray]
Bugs and the gang get a high-definition upgrade in this set that includes 50 beloved "Looney Tunes" titles.
List price: $59.96

'Modern Family: The Complete Second Season' [DVD]
Here's one extended family you won't mind seeing over the holidays.
List price: $49.98

'The Original Christmas Classics' [Blu-ray]
Santa Claus, Rudolph and Frosty the Snowman — the classic Rankin/Bass Christmas TV specials are bundled together and now available on Blu-ray.
List price: $44.95

'Thor' [Two-Disc Blu-ray/DVD Combo + Digital Copy]
Chris Hemsworth is the mighty god of thunder who is brought to his knees when he disobeys his father and is banished to Earth. **List price:** $44.99

myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Miley Cyrus: Party in the USA, indeed

It looks like **Miley Cyrus** has yet another alter ego: Let's call this one Hannah Bong-tana, shall we?

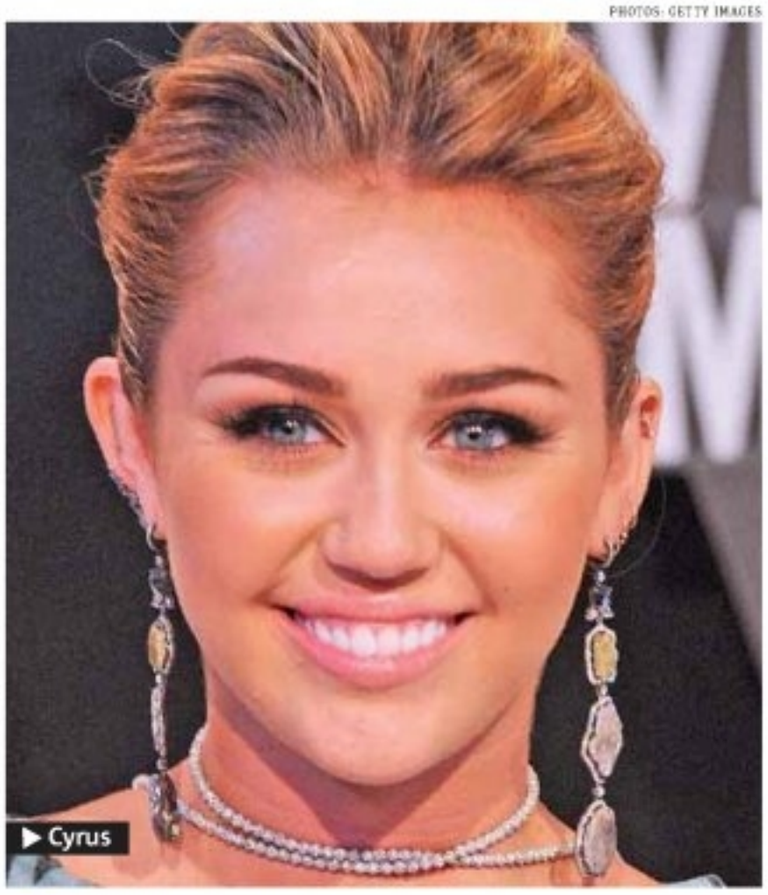
When she was presented with a **Bob Marley**-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A. last week, Cyrus quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f—in' weed." (The Daily has the video evidence.)

"I thought salvia was your problem, man," retorted guest **Kelly Osbourne**.

The Daily also reports that guests on hand for the party included Cyrus' parents, **Rumer Willis**, and "furries and a number of dwarfs, including a mini **Nicki Minaj**."

I'd make a joke but one, Osbourne already did it for me, and, two, a mini Nicki Minaj? I have much too much respect for how Cyrus throws a party to poke fun.

PHOTOS: GETTY IMAGES



▶ Cyrus

MORE GOSSIP WWW.METRO.US/WORD DOROTHY ROBINSON'S WORD BLOG

Is Gerard Butler morphing into Bradley Cooper?

▶ Butler

Check out this picture of **Gerard Butler** taken last month during Confidential Magazine's Men's Issue Cover Party in West Hollywood, Calif. Doesn't it look like a snapshot of **Bradley Cooper** taken after a rough night? Something is going on there. Is it his hair? The weird beard color? A brow lift? I can't quite put my finger on it, but it looks like someone in Hollywood is a little jealous of someone else being named People's Sexiest Man Alive.

A traditional turkey day for Lopez

Jennifer Lopez opted to spend the Thanksgiving holiday escaping to Hawaii with **Casper Smart**, the 24-year-old dancer she's reportedly been dating, according to TMZ. Smart also got the chance to meet several of Lopez's family members during the trip — and spend quality time with her 3-year-old twins, **Max** and **Emme**. "Casper was great with the kids. He was twirling them around and doing flips with Emme and she seemed very comfortable with him," a source says. "Jennifer got a chance to sit back and relax while Casper took over and played."

Talking points

Allen is a mama!

Lily Allen and **Sam Cooper** welcomed their first child, a daughter, during the weekend, according to the Daily Mail. While not quite an official birth announcement, Allen did reference the arrival on Twitter, posting simply, "Totes amaze." It's a particularly special occasion for Allen and Cooper, as Allen has suffered miscarriages twice in the past three years. There was no announcement yet about the baby girl's name.

▶ Gosling

Gosling takes Mendes to graveyard

Ryan Gosling knows how to turn on the romance. The actor reportedly surprised girlfriend **Eva Mendes** this weekend in Paris, where she'd just finished filming a movie, according to Us Weekly. "Ryan flew out to be with Eva as soon as she wrapped 'Holly Motors,'" a source says. "They were talking all the time so she had no hints that he was coming. She was really homesick and missed him, even though she practically just left to shoot." The pair were spotted around Paris all weekend, walking arm-in-arm and sharing kisses as they strolled through Pere Lachaise cemetery.

A near-miss for Aniston

Brad Pitt and **Jennifer Aniston** narrowly avoided running into each other at a movie theater in Los Angeles over the weekend, according to X17 Online. Pitt was there with four of his six children to take in **Martin Scorsese**'s "Hugo," while Aniston arrived for a later show with new beau Justin Theroux. "Justin and Jennifer skipped the popcorn and went straight in. Like five minutes later, Brad and the kids came out of the theater," a source says. "They just missed each other." It's only the third time the former spouses have been at the same place at the same time, following the 2009 Academy Awards and the 2010 Hope for Haiti telethon — and they managed to avoid any face time on those occasions as well.

2

The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Bette Midler is trying to keep up, Russell Crowe is working things out, Goldie Hawn wants to make sure you're doing it right and Albert Brooks is feeling inspired.

▶ **@BetteMidler**
Is it my imagination, or is everyone talking much faster than they used to on CNN?

▶ **@russellcrowe**
3 hour walk and talk with a great friend. Most of the world's problems solved. I hope you all have a spectacular day.

▶ **@goldiehawn**
Don't forget to smile when you breathe. Makes all the difference

▶ **@AlbertBrooks**
Working on "It's a Wonderful Tweet" A man is shown how the world would be different if he were never on Twitter.

Hawn

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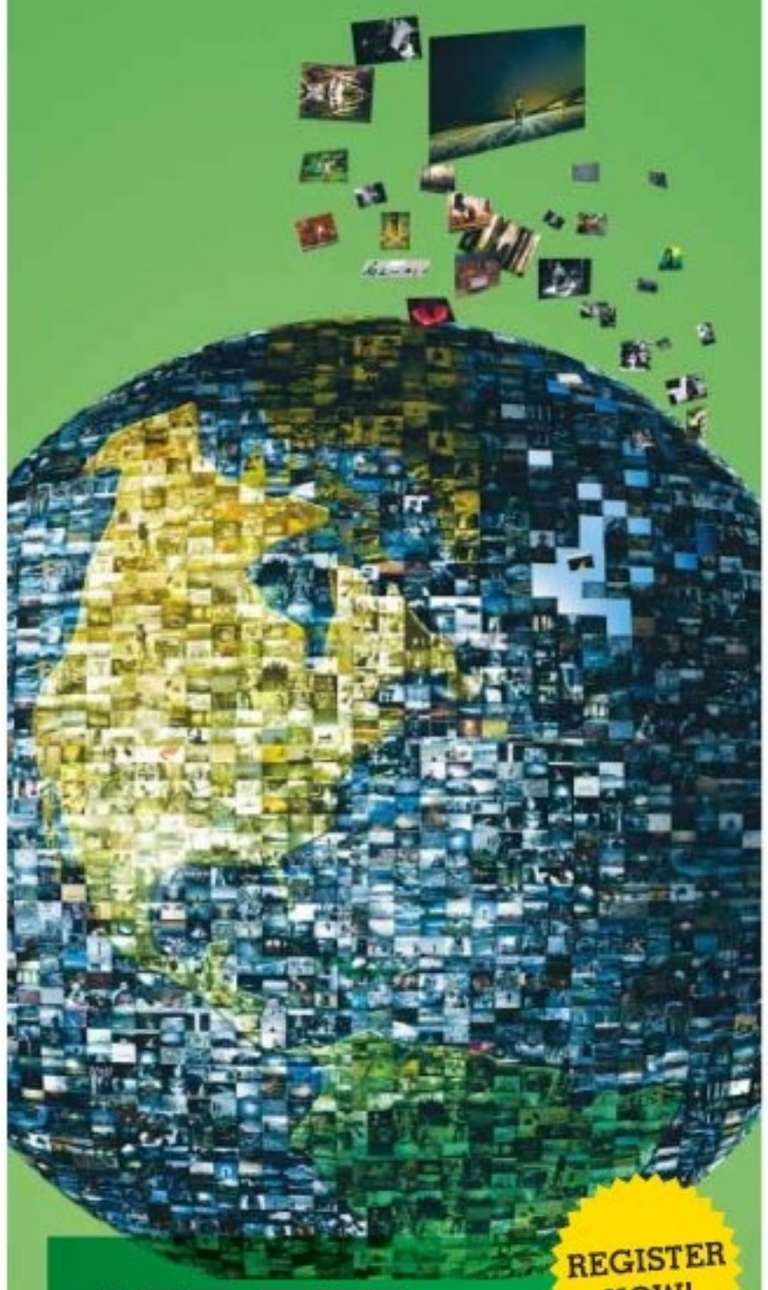
metro
PHOTO CHALLENGE

The photos in picture are from previous editions of Photo Challenge.



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Go to metrophotochallenge.com

These concerts were no turkeys

▶ **1:** Robert Smith and his bandmates of the Cure performed the group's first three studio albums at the Beacon Theatre in New York City on Saturday.
▶ **2:** Axl Rose of Guns N' Roses performed at the Susquehanna Bank Center in Camden, N.J. on Saturday.
▶ **3:** Mark Foster of Foster the People took his act to London at Shepherds Bush Empire on Friday.
▶ **4:** Singer George Clinton got funky in Berlin, Germany on Thursday.
▶ **5:** Jill Scott donned a pair of shades for her concert at the Borgata Hotel Casino & Spa in Atlantic City, N.J. on Friday.
▶ **6:** Ed MacFarlane of Friendly Fires showed off his moves at the Brixton Academy in London on Thursday .
▶ **7:** Mary J. Blige performed at Terminal 5 in New York City on Wednesday.

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DOROTHY ROBINSON'S WORD BLOG

1: ASTRID STAWIARZ/GETTY IMAGES. 2: GILBERT CARRASQUILLO/GETTY IMAGES. 3: GUS STEWART/REDFERNS. 4: FRANK HOENSCH/GETTY IMAGES. 5: BILL MCCAY/GETTY IMAGES. 6: CHRISTIE GOODWIN/REDFERNS. 7: JOHNNY NUNEZ/WIREIMAGE

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▶ Judy Greer and Matthew Lillard play a husband and wife at war in "The Descendants."

COURTESY OF FOX SEARCHLIGHT PICTURES

The comeback kid?

Matthew Lillard's return to the spotlight with Alexander Payne's 'The Descendants' might be his bridge from 'Scooby Doo' to prestige films

Matthew Lillard is not afraid to admit how little he got paid to star in "The Descendants." The actor, known primarily for his roles in 1996's "Scream" and several "Scooby Doo" movies and television shows, may be working on the regular, but he doesn't want anyone thinking the average actor is making big bucks.

"The amount of days you work, as a successful actor, isn't very many and if you're doing a movie like this, you get less than a union teacher — well, maybe not less," he says. "It's 1,600 dollars for five days a week, and then you have to pay taxes on top of that, plus 10 percent to management and 10 percent to an agent, so 1,600 dollars for a week isn't that much money."

"There's a guy you'd run into a wall for a hundred times because he knows what he wants and where he's going."
LILLARD ON WORKING WITH ALEXANDER PAYNE

FOR A Q&A WITH LILLARD ABOUT CO-STAR GEORGE CLOONEY, VISIT WWW.METRO.US/MOVIES

That's a gutsy statement to make during a recession, but perhaps Lillard is so blinded by his enthusiasm for this Alexander Payne film he's promoting, he's just lost his filter. Lillard enthuses about the director, who also has "Sideways" and "Election" to his credit.

"He's one of the most pre-eminent filmmakers in the world right now," Lillard says. "As a leader, he knows exactly where he's going and that's all that you can ever ask for as an actor. There's a guy you'd run into a wall for a hundred times because he knows what he wants and where he's going."

Perhaps Lillard needed to trust in his director the most out of all of the actors in the film because he doesn't exactly play a likeable guy here. The film is about a Hawaiian land baron, Matt King (George Clooney), who tries to reconnect with his children after a water skiing accident renders his wife comatose. King learns that his wife had been having an affair with a local real estate agent who has a wife and kids of his own. And yes, that'd be Lillard's character.

But given that the film is already getting great buzz, he's hoping it'll be the career-reviver he needs.

"There's no doubt that I would love more work," he says. "I got this job on my 40th birthday. [Before that] we had a big house, and big cars and 'Scooby Doo' money. [We] had to have it completely downsized."

HEIDI PATALANO
heidi.patalano@metro.us

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TV watch list

▶ From left: Big Hoss, Rick and the Old Man want your stuff on "Pawn Stars."

'Pawn Stars'

REALITY. The Vegas pawn brokers are back, helping money-hungry customers receive appraisals on cool treasures — like a pair of Civil War diaries on tonight's premiere — and then buying said treasures for way less than they're worth. (That Rick Harrison drives a hard bargain.) **Season premiere, 10 p.m., History Channel**

'The Sing-Off'

REALITY. Christmas comes early for one singing group tonight when the finalists — Dartmouth Aires, Pentatonix, Urban Method — learn who walks away with that recording deal and $200,000 cash prize. **Season finale, 8 p.m., NBC**

'Rizzoli & Isles'

DRAMA. When a community activist is gunned down, guest star Bill O'Reilly — in town for a book signing — weighs in on the case in tonight's midseason premiere. **Midseason premiere, 10 p.m., TNT**

'Scouted'

REALITY. Pretty people aspire to be America's next top model, sans Tyra Banks showing them the way. But without smizing, why do we care? **Series premiere, 10 p.m., E!**

AMBER RAY

'Twilight' sparkles for second week in a row

Despite a strong showing of 29.5 million by 'The Muppets,' vamps remain most profitable in theaters

Box office

The "Twilight" vampire movie hovered at the top of box office charts for a second straight week, beating a revival of "The Muppets" and other family fare during the Thanksgiving holiday weekend.

"The Twilight Saga: Breaking Dawn: Part 1" earned an estimated $42 million at U.S. and Canadian theaters from Friday through Sunday, according to studio estimates compiled by Reuters.

"The Muppets," a movie that returns Kermit, Miss Piggy and their friends to the big screen for the first time in 12 years, finished in second place with $29.5 million in three days. Third place for the weekend belonged to 3-D animated film "Happy Feet Two," which brought in $13.4 million.

Walt Disney Co. released "The Muppets." Privately held Summit Entertainment distributed "Breaking Dawn: Part 1." "Happy Feet Two" was distributed by Time Warner Inc. unit Warner Bros. REUTERS

▶ Bella and Edward charmed the pants off American audiences this weekend.

SUMMIT ENTERTAINMENT

Box office flops

As a result of the poor box-office performance of "Happy Feet Two," 600 of the 700 employees at the digital production studio behind the animated movie reportedly have received their walking papers.

Employees at Dr. D Studios, which is based in Sydney, Australia, have been told they will be laid off in the coming weeks, according to IF.com.au. Dr. D could not be reached for comment. There may be a silver lining for some of the employees, who reportedly have been offered a job at a new company that Kennedy-Miller Mitchell Films plans to get off the ground in early 2012.

Do you suffer from **CHRONIC PAIN?**

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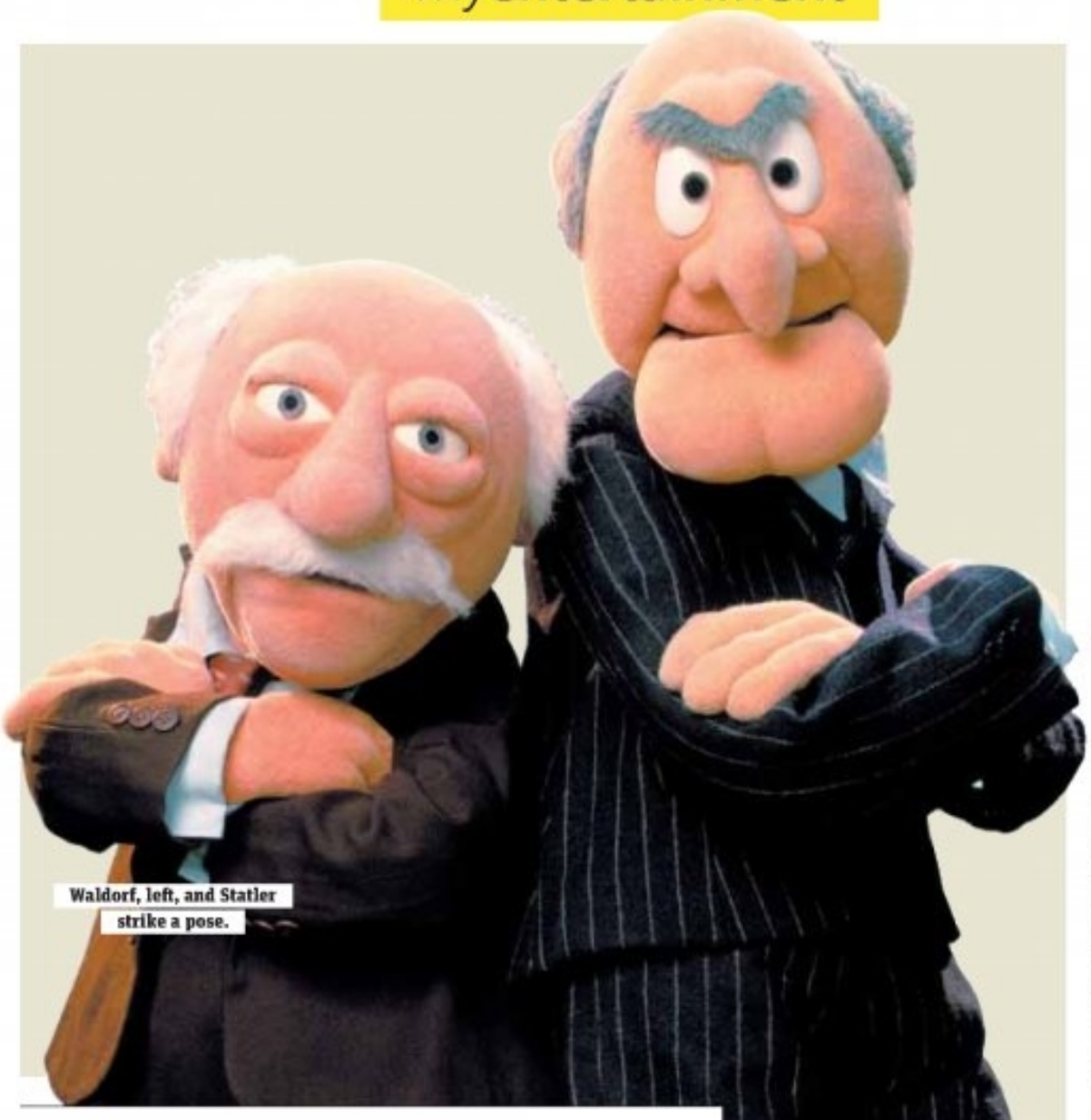

Waldorf, left, and Statler strike a pose.

THIS STORY STINKS!

Statler and Waldorf, the crotchety Muppet critics, review their latest movie ‘I closed my eyes. That’s why I liked it so much’

The return of the Muppets wouldn’t be complete without their constant critics, those perpetual balcony fixtures Statler and Waldorf, who’ve been hurling insults at Kermit the Frog and his gang since the beginning. The venerable old codgers weren’t doing a lot of press for “The Muppets,” but they did agree to speak with Metro. That doesn’t mean we could get a straight answer out of them, though.

Have you seen the new movie “The Muppets” yet? And if so, what do you think of it?

Statler: I loved the movie. Amy Adams is beautiful and funny. Jason Segel is hilarious. Chris Cooper makes a great bad guy. And the star cameos are amazing!

Waldorf: Yeah, but what about the Muppets?

Statler: I closed my eyes during those parts.

Waldorf: But the Muppets are in most of the movie. You kept your eyes closed for most of the movie?

Statler: Sure. That’s why I liked it so much.

What are you looking forward to in 2012?

Statler: The end of the Mayan Calendar.

Waldorf: Yeah, we were there when they first made it; we want to see how it ends.

Statler: We’re also looking forward to changing our socks.

Waldorf: Gee, you’re right. It’s an even number year. Time sure flies.

Statler: Oh, and we’re looking forward to waking up each day and not seeing our names in the obits.

Waldorf: Yeah, when you’re as old as us, “Today is the first day of what’s left of your life.”

Do you have any tips for our readers on how to celebrate the holidays this year?

Statler: Spend the holidays with “The Muppets.”

Waldorf: Yeah! And keep ’em away from us!

S&W: Ho! Ho! Ho!

Their pitch

- **Waldorf:** See “The Muppets.” Cause there’s nothing like great entertainment.
- **Statler:** Yeah, and the Muppets are nothing like great entertainment.

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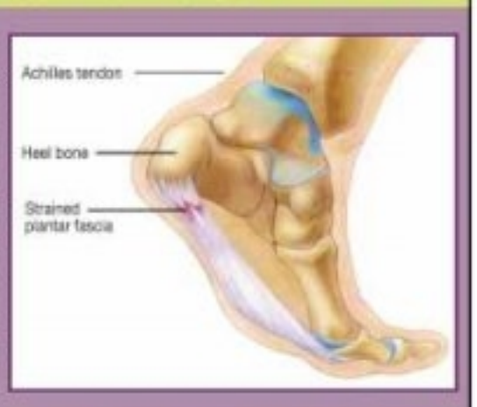
METRO WORLD NEWS IN LOS ANGELES

NEW TREATMENT AVAILABLE FOR CHRONIC FOOT PAIN

ESWT, also known as Shockwave Therapy is a new non-surgical treatment that uses sound waves to cure the chronic pain associated with plantarfasciitis, heel, arch, and achilles tendon pain.



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An Evening With
COLSON WHITEHEAD

Colson Whitehead is the author of six novels; his most recent book, *Zone One*, was released in October. His reviews, essays and fiction have appeared in a number of publications, including *The New York Times*, *The New Yorker*, *New York Magazine*, *Harper’s Magazine* and *Granta*. He is the recipient of a MacArthur Fellowship, a Whiting Writers Award and a fellowship at the Cullman Center for Scholars and Writers.

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'An embarrassment of riches'

JOAN MARCUS

▶ Thomas Sadoski and Stockard Channing from the Lincoln Center Theater production of "Other Desert Cities." The show has just been extended indefinitely.

That's actor Thomas Sadoski's take on working with such bold-faced names as Stockard Channing, Stacy Keach, and Judith Light night after night on Broadway's 'Other Desert Cities' But his name is one to watch

Thomas Sadoski refers to his current gig as co-starring on Broadway's "Other Desert Cities" as an "embarrassment of riches."

And that's not hyperbole. His role enables him to work nightly with such acting heavyweights as Stockard Channing, Stacy Keach, Judith Light, and Rachel Griffiths. But Sadoski not only holds his own; he shines.

"In the beginning, the idea was a little intimidating, sure," he admits. "But everyone treats each other with such openness. It's an incredibly collaborative experience with these guys."

It's one that will soon come to a slight close for Sadoksi, as luck has struck again — the 35-year-old is heading to Los Angeles to co-star in an Aaron Sorkin's cable-news drama, which will premiere next year on HBO.

"The sick irony of it all is for the past 15 years, all I've wanted is a hit Broadway show. Now I have one, and I have to leave it," he says ruefully. (Sadoski did get a Tony nomination for Neil LaBute's "reasons to be pretty" in 2009, but the production never took off commercially.) Sadoski tells us he's going to leave the show for three weeks next month and then come back for the final week of December. "Then I get on the plane and move out to L.A. to finish shooting."

But not to worry. Sadoski is keeping an eye on "Other Desert Cities." The show, which was scheduled to end on Jan. 8, 2012, has been extended indefinitely. "I would be eager to come back," he says.

And we would be so lucky.

The plot

Brooke Wyeth (Rachel Griffiths), a once-promising novelist with depressive tendencies, returns home to Palm Springs to celebrate Christmas with her parents, former members of the Reagan inner-circle (Stockard Channing and Stacy Keach), her brother (Thomas Sadoski) and her aunt (Judith Light). When Brooke breaks the unwelcome news that she is going to publish a memoir focusing on an explosive chapter in the family's history, secrets are unleashed.

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TAYLORED ABS

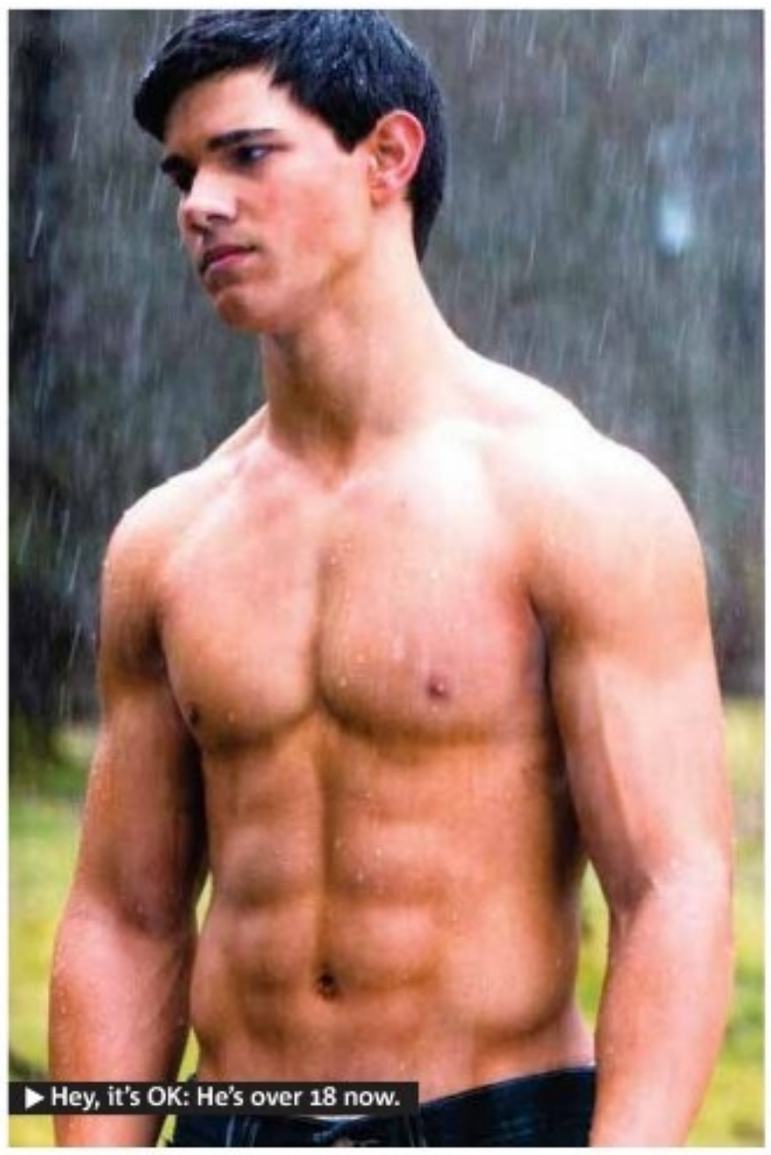
Women sighed, men gasped
Taylor Lautner's personal trainer Jordan Yuam tells us how to get the 'Breaking Dawn' star's rock-hard abs

His workout

In order to get Lautner ready for his role as ripped werewolf Jacob, Jordan Yuam, Lautner's trainer throughout the entire "Twilight" series, used a combination of classic moves like hanging leg raises and reverse crunches to define his muscles and build up strength. Yuam also integrated yoga poses and a Power Plate machine to enhance results.

"Taylor's always up for a challenge, he's so focused and disciplined," says Yuam. "We'd meet up four times a week to chisel away fat and build up his muscles."

When he wasn't filming, Lautner's body fat varied between 10 to 12 percent, but for "Twilight," Yuam would bring it down to 7 percent.



▶ Hey, it's OK: He's over 18 now.

The (super) power

Yuam says he got Lautner using the Power Plate machine (www.powerplate.com) for a high-speed workout on a vibrating platform, which causes muscles to contract as a reflex, creating internal heat that increases circulation, oxygenates blood flow and flushes out toxins.

"It's instrumental to my work," says Yuam. "I use it to create muscle and for postworkout recovery. Working out is about recovery and the plate loosens up your stabilizers so you don't get sore. The idea isn't to do thousands of reps — 25 is enough (12 minutes on the plate). I don't believe in workouts that last more than 50 minutes."

Today in medicine

Coffee and endometrial cancer

Study subjects: 67,000 women
Location of study: U.S.
Results: A Nurses' Health study found that women who drank more than four cups of coffee each day were 25 percent less likely to develop endometrial cancer, which affects the lining of the womb. Women who drank two to three cups daily were 7 percent less likely to develop the cancer.
Significance: It seems that coffee lowers two hormones, estrogen and insulin, that trigger the disease.

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Meditation and concentration

Study subjects: Experienced mediators
Location of study: U.S.
Results: A Yale study found that increased meditation leads to increased brain focus in everyday life.
Significance: Mediation could be used in ADHD treatment and for those at risk of or suffering from Alzheimer's.

Risks for skinny people postsurgery

Study subjects: Nearly 200,000 surgery patients
Location of study: U.S.
Results: According to an Archives of Surgery report, out of 3,245 deaths within 30 days of surgery, the risk of mortality was higher in patients with a low body mass index (BMI).
Significance: Patients who underwent exploratory abdominal surgery were most likely to die, while those who had breast lumpectomies were least likely.

Prescription drugs and foster care

Study subjects: 17,000 children on Medicaid
Location of study: U.S.
Results: The results of a study comparing Medicare-receiving children in foster care to their counterparts in normal homes found that the rate of long-term prescribed drug use was higher, according to the journal Pediatrics.
Significance: The results are a cause for concern of the plight of children in foster care.

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Wolfing food down

"Taylor isn't naturally big," says Yuam, "so the key to maintaining his frame was to make sure he ate right pre- and postworkout. 'Breaking Dawn' was a challenge, as we had to overlap with his 'Abduction' body for which he was doing a lot of boxing. He was burning a lot of calories and finding it hard to eat enough."

Yuam's diet for the star consisted of healthy fats, carbohydrates and protein.

"He ate simple carbohydrates, such as bananas, to maintain glycogen levels and provide slow energy release throughout the workout, as well as whey protein blended with oatmeal to build muscle. He also ate a lot of red meat."

Now do the workout

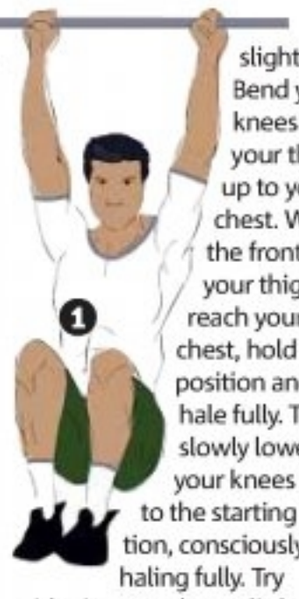
Here are three of the key abs moves Lautner did to prepare for "Breaking Dawn." (Sorry, we drew him wearing a shirt.)

1: HANGING LEG RAISES

"This helped bring out and thicken Taylor's upper torso," says Yuam. "Hanging leg raises helped round out Taylor's abs. It brings out the muscles around the upper corners of the rib cage and wraps around into his back muscles. I also use this exercise to lengthen the torso. He would do various positions moving from the rectal ab area to the oblique area. I had to make sure not to use too many oblique movements because I was weary about adding too much thickness to his waistline."

How to do it: Grab a chin up bar overhand and hang with your feet together and your knees bent slightly. Bend your knees to lift your thighs up to your chest. When the front of your thighs reach your chest, hold the position and exhale fully. Then slowly lower your knees back to the starting position, consciously inhaling fully. Try widening your legs a little more each time to increase the effectiveness.

Aim for: 12-15 reps, holding for 10 counts each time



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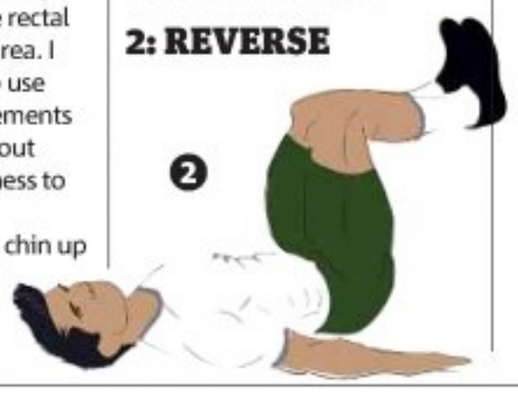

Coming to DVD

Yuam's Werewolf Workout DVD includes the exercises he used to transform Lautner's body. It will be released in January 2012. Visit www.jordansvirtualfitclub.com

CRUNCH

"This is Taylor's least favorite move," says Yuam.

How to do it: Lie like the picture. Then lift your feet off the floor so your thighs are perpendicular to the floor and your legs parallel to the floor. Exhale on your way up, pulling your knees in toward your chest, and lift your hips off the floor. As you pull your legs in, twist your torso and angle both knees towards your left shoulder to work the obliques.

Aim for: Three sets of 12-15 reps

MIA KORAB/METRO

3: POWER PLATE CRUNCHES

"Taylor hated these — they made him feel like he was choking. Power plate crunches and bicycle crunches take time to get used to. It may feel uncomfortable and breathing must be adjusted. The direct stimulation helped tighten his whole back area."

Aim for: Two sets of 60-second crunches and one or two sets of 60-second bicycle crunches

Expert advice

Yuam's three tips for a body like Lautner's

- **TENSE:** "The fastest way to lose your body is by overtraining. Never work on your abs every day or they will lose density. The fitness trend right now is more about speed and heart rate, but I believe the key to lean muscle mass is to work out under localized tension."
- **TWIST:** "Linear abs alone will make your oblique muscles too tight. Do your abs in both a lateral and diagonal plane to avoid a build of tightness and loss of flexibility."
- **VIBRATE:** "The Power Plate frees up lactic acid, loosens muscles and helps you recovery more quickly after a workout. You will feel less fatigue and your muscles won't be so tight."

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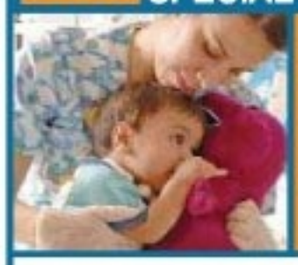

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POPPING THE QUESTIONS

▶ Come prepared: Have a list of questions to show your interviewer that you're interested in the company's needs.

The right questions are just as important as the right answers · What to ask at your next interview

At the end of every job interview, you'll encounter the inevitable question, "Do you have any questions for me?"

While it's an oh-so-predictable event, many job candidates aren't prepared to shine when they reach this final test in the interview. Failing to ask any questions or asking the wrong questions can send the wrong signals.

"Too many job seekers respond to this standard interview question with the standard 'safe' responses," says Stephanie Daniel, senior vice president of career management company Keystone Associates. "'Will I be hearing from you or should I contact you?' or 'Why is this position open?' In this very competitive job market, job candidates cannot afford to ask safe questions. Candidates must show that they are the best candidate by demonstrating that they are looking out for the needs and interests of the interviewer."

So, what types of questions should you ask? Daniel suggests considering a few of the following:

"Is there a work issue that keeps you up at night and, given what you know about my background, how do you think I could help?"

"Here's your opportunity to demonstrate a genuine interest in the day-to-day challenges your future manager is facing," Daniel explains. "By asking this question, the interviewer will start to envision you as an employee and will give you some initial thoughts on how you might help solve their most pressing problems."

Always ask this:

'Could you describe your ideal candidate for this job? Why are these qualities important to you?'

"The ideal qualifications were probably outlined in the job posting," says Daniel. "But many of these postings are not actually written by the hiring manager. Here's your chance to directly ask the interviewer what he views as the most important qualities of the successful candidate and why."

"What is the most gratifying aspect of the work you do for XYZ company?"

"Asking the interviewer about the most gratifying aspect of the work she or he does helps you better understand what drives them," says Daniel. "Drivers include things like making the best product on the market, helping others, making money, curing an illness or creating a hot, new technology. Ask yourself how the interviewer's drivers align with your own."

"I'm sure you have a number of goals you'd like to achieve in the coming year. Do you have a particular one that is top priority?"

"This question allows you to turn your attention to the interviewer and his most important priorities," says Daniel. "Is there a particular goal the interviewer has talked about that lines up well with some of your current experiences? If so, let the interviewer know how you can contribute."

ERICA SWALLOW FOR Mashable
The Social Media Guide

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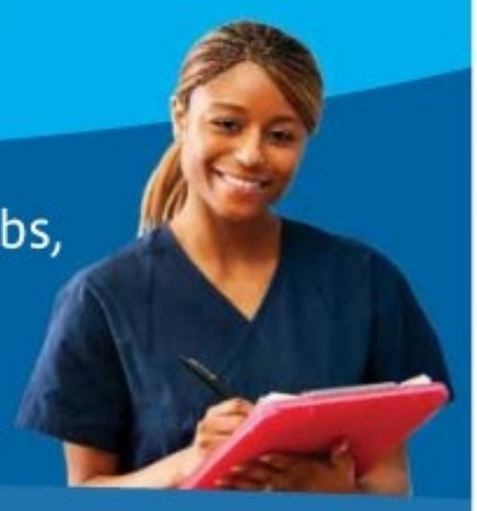

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How to party like a professional

Open bars and all of your co-workers: Holiday parties can be naughty or nice What to do and what not to do

It's never a good time to lament to co-workers about your ex, or go into detail about your wild Friday night, but for some reason — also known as vodka — holiday parties tend to bring out unprofessional behavior. Remember your party etiquette, and you won't have to do damage control come Monday morning.

Party dos:

Mingle with everyone

"Strike up conversations with those outside of your usual circle — especially the 'power brokers' within your company," suggests Christine Endres, the Philadelphia branch manager at hiring firm OfficeTeam. And feel free to venture outside of cubicle chitchat. "Have a few nonwork topics to bring up, such as recent movies you've seen or holiday vacation plans," says Endres.

Dress appropriately

Dressing up is fine, but be sure to keep it classy. "It is a party, but you are still at work," says Jill Spiegel, author of "How to Talk to Anyone About Anything! The Secrets of Connecting." "You want to keep your sense of professionalism."

Party don'ts:

Have that one last drink

This, of course, is the biggest faux pas. A study by Wakefield Research for HomeGoods found that 29 percent of respondents ranked a guest who drinks too much as the deadliest party sin. Overdoing it with friends is one thing, but overdoing it with the boss could be disastrous.

Participate in gossip

Bite your tongue if you must, but don't use this time to badmouth a colleague. And if someone else tries to pull you into the negativity? "Just change the energy and direction of the conversation through compliments and support," says Spiegel. "If you are kind to everyone, your positive energy is contagious."

JULIA WEST
letters@metro.us

WAVEBREAK MEDIA

In a survey by OfficeTeam, 38 percent of executives said that making an appearance at the company holiday party is expected.

myeducation

Study tips from an expert in test-taking

With finals just around the corner, we checked in with the founder of Educational Connections for how to improve scores and study more efficiently

COMSTOCK

▶ Last-minute cramming isn't the answer. Summarize your notes after each class, and then invite some friends for a group study session closer to exam time.

For most college students in the U.S., the dreaded finals week is just around the corner. For 2011 freshmen, the first time through college level exams can produce anxiety and frustration. Here to help is test-taking expert Ann Dolin. She is the founder of Educational Connections Inc., a tutoring and test-prep provider in Fairfax County, Va.

What's the most common misconception about studying for finals?

Students often think that just reading equals studying. But studying must be interactive. There must be some form of writing involved to truly cement the information to memory.

Are there different concerns for students with ADHD?

One of the problems is that students will often block off two or three hours to study. That's often not productive. No one can sustain attention for three hours, especially a student with ADHD. When studying is broken down into 30-minute chunks, students are far more productive.

What is the easiest thing students can do to improve their scores on finals?

Study after study has shown that when students summarize their notes after class, they're far more likely to remember the material.

"When studying is broken down into 30-minute chunks, students are far more productive."
ANN DOLIN

What is the benefit of forming study groups?

Among many positives, it gives students a sense of accountability. You tell yourself, "OK, I'm going to put aside this time to study." And if you don't do it, you get mad at yourself. It rides on your shoulders. But if you have a group, you're more accountable. And you're forced to process the information in another way. If you discuss the material with a group, you're far more likely to remember it.

Is there a good strategy for dealing with anxiety during a test?

Yes. Have a notepad handy during the test to write down all of your anxieties. Studies show that this is the most effective way to alleviate anxiety at test time. You simply have to purge the thoughts and emotions.

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Earn respect, Rep. Bachmann

RE: "THE ROOTS LET THEIR FEELINGS BE KNOWN": Why should we muster such a level of respect for a candidate who has proven to be one of the most disrespectful toward the office of the president of the United States? If Bachmann conducted herself as conservatively as she claims to be, perhaps she would be shown more respect. To expect a pass because you are a woman and mother may not seem fair to the man and father in the White House. Equality is a two way street — or it isn't. **JOHN DEMERJIAN, VIA E-MAIL**

Thankful or not? Occupy

RE: "THANK YOU, OCCUPY WALL STREET": Thank you to the protesters? When will they be showing up in front of the White House, demanding an end to tax loopholes, lobbying and the "get out jail free card" for every Congress member who is involved in insider trading? How about a thank you to the soldiers who put their lives on hold to protect the U.S.? **MIRIAM DAVIDOVICH, VIA E-MAIL**

Thanks but no thanks: I am beyond tired of people like Brayden Simms who live in a fantasy world and continue to blame Bush for all the problems of the world today! Are you kidding me? Of course you're just like the majority of Americans of today who feel you're entitled to everything even though you don't deserve it! **RUSTY BRINDAMORE, VIA E-MAIL**

Thank you for the past few The Week That Was columns that have been particularly insightful and positive, trying to inspire camaraderie among the general public. As the Occupy movement highlights, maybe the individualist agenda of the United States is not working out. We are all human, we are all Americans, and we deserve a society where we feel supported and inspired by our fellow man, not isolated and attacked. **HEATHER FROST, VIA E-MAIL**

I thank you for this article. I appreciate the combination of intelligence, compassion, and — where appropriate — irony. **ROBERT B. PIERCE, VIA E-MAIL**

I've never written to Metro but I liked this editorial. I picked up both the Metro and the rival free daily on my commute and was angered by the other plaintively trying to paint a positive picture of police in the wake of recent clashes with protestors. Metro's piece was honest, candid and was the best thing I read in the contents of both of these papers. Thanks! **MERRILL GRANT, VIA E-MAIL**

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♐ Sagittarius **Nov. 23-Dec. 21.** Before launching any new projects, make sure you have finished to your satisfaction everything else on your drawing board. Trouble would ensue if endeavors overlap.

♑ Capricorn **Dec. 22-Jan. 19.** Your chances for achieving a critical objective are minimal at best, because once you attain it, you might not know how to keep it going.

♒ Aquarius **Jan. 20-Feb. 19.** Strive to control any impulsive inclinations you might have. If you're undisciplined, it is highly likely that you will repeat some previous mistakes.

♓ Pisces **Feb. 20-March 20.** If there is a lack of harmony regarding ultimate aims, joint ventures aren't likely to work out too well for you. Before making any moves, make sure everyone is in accord.

♈ Aries **March 21-April 19.** Conditions are ripe for establishing a friendship with someone who up until now has always opposed you. Don't miss this opportunity, because you may never get another chance to do so.

♉ Taurus **April 20-May 20.** Use your resources wisely, be they people or things, and you'll be effective in your efforts to be successful. If you don't, you can count on frequent failures.

♊ Gemini **May 21-June 20.** Things could get a bit awkward for you when a friend unwittingly brings along someone whom you intensely dislike. It's to your advantage not to do or say anything you'll regret.

♋ Cancer **June 21-July 22.** Be sure you have the approval of the entire clan if you're contemplating making a change that would affect everybody. If you don't, your efforts could meet with condemnation.

♌ Leo **July 23-Aug. 22.** Don't pretend to know what you're doing if you are placed in a position where it's up to you to approve or disapprove certain procedures. Don't be afraid to seek experienced counsel.

♍ Virgo **Aug. 23-Sept. 22.** Although your financial possibilities look good, your spending habits might negate anything extra you make. What you gain could totally dissipate before your eyes.

♎ Libra **Sept. 23-Oct. 23.** When you're free to operate as you choose, success is likely. Be wary of getting yourself in involvements that impede your independence.

♏ Scorpio **Oct. 24-Nov. 22.** There's a chance that you could be inclined to talk about things that should be kept confidential. If misquoted and taken out of context, it could cause trouble. **BERNICE BEDE OSOL**

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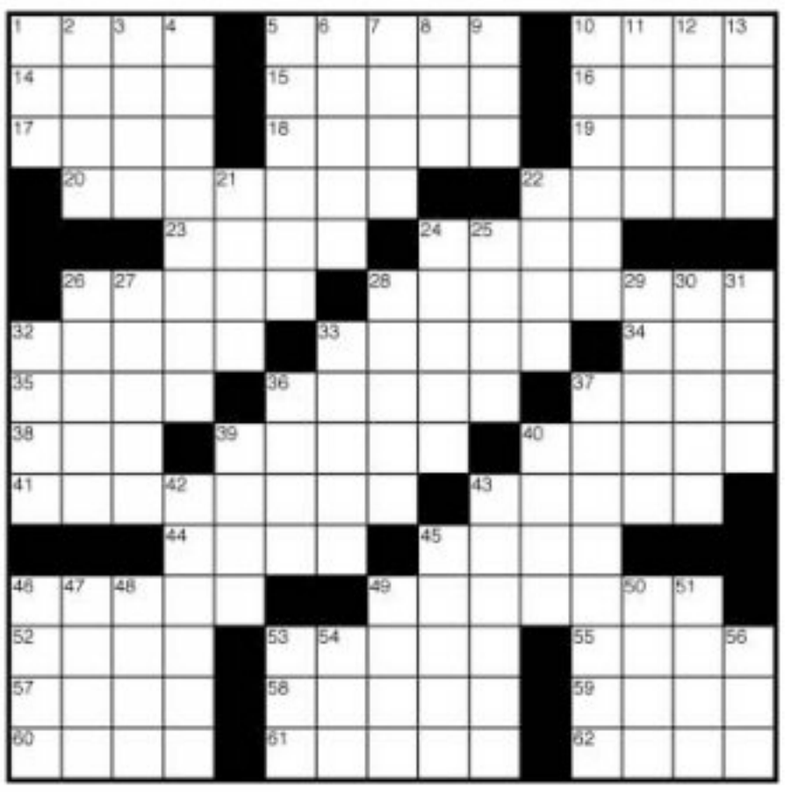
Across
1 Salve
5 Egged on
10 Run like heck
14 Essay byline
15 Dingbat
16 Jungle warning
17 Salad bowl wood
18 Hesitate
19 Lhasa __
20 Acknowledgments
22 Damp
23 Entertainer __ Falana
24 Type of shark
26 Dry white wine
28 Free throw (2 wds.)
32 Pay periods, often
33 Gridiron ref
34 Wide st.
35 Comet __-Bopp
36 Pocket change
37 CEO degs.
38 Square root of IX
39 Tropical swayers
40 Brides' wear
41 Sphere or domain
43 Helpful tips
44 Where Bryce Canyon is
45 Make jokes
46 Hawks
49 Breakfast foods
52 Drain problem
53 Man in a mask
55 Rents out
57 Egg-grading org.
58 Quit napping
59 "Instead of" word
60 Moose or elk
61 Prolific diarist
62 Bored response

Down
1 Casino action
2 Mr. Baldwin
3 Bluffer
4 Pretend (2 wds.)
5 Clean one's desk
6 Lasso
7 Wildebeests
8 Jr. naval officer
9 Change color
10 IQ, informally
11 Excuse me!
12 Survive
13 Where Priam ruled
21 Slips into
22 Actress __ Powers
24 Earring sites
25 Mine and thine
26 Broadcast again
27 Prefix with centric
28 Cherchez la __!
29 Sister's clothes
30 Face shapes
31 D'Urberville girl
32 Make meringue
33 Zip
36 __ Carvey of "Wayne's World"
37 Intellectually
39 The worst, slangily
40 Clamp
42 Crude
43 Medal recipients
45 Dried beef
46 Wind-driven spray
47 Besides
48 Ore deposit
49 Trim a photo
50 Luke Skywalker's sister
51 Goulash
53 Microwave
54 Be in debt
56 Ice melter



7		1	3		8	9		
	3			1		5		
	5	4						1
						7	1	5
3				8				9
9	4	7						
1						8	3	
		3		7			5	
		6	1		4	2		7

SUDOKU **LEVEL: EASY**

							5	
	3	5	7	1				6
6				3	8		1	
				7			3	5
4		3				9		7
7	1			2				
	9		1	4				2
5				6	7	3	4	
	7							

SUDOKU **LEVEL: HARD**

Solution to weekend's crossword

F	L	A	B	■	R	E	A	D	S	■	S	C	A	N
L	A	T	E	■	E	G	R	E	T	■	U	R	G	E
E	M	I	L	■	B	A	K	E	R	■	N	E	A	T
A	P	P	L	A	U	D	■	P	O	W	D	E	R	S
■	■	■	B	L	T	■	■	■	P	E	A	■	■	■
M	A	M	I	E	■	C	U	R	■	L	E	A	S	E
F	V	E	R	■	W	A	T	E	R	S	■	L	E	S
H	E	A	D	F	O	R	T	H	E	H	I	L	L	S
T	N	N	■	A	E	G	E	A	N	■	T	I	M	E
A	S	T	E	R	■	O	R	B	■	O	C	E	A	N
■	■	■	I	C	H	■	■	■	O	O	H	■	■	■
P	L	A	T	E	A	U	■	C	A	P	I	T	A	L
E	A	C	H	■	F	R	U	I	T	■	E	U	R	O
R	O	M	E	■	T	A	S	T	E	■	S	T	A	B
U	S	E	R	■	S	L	A	Y	S	■	T	U	B	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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3

Jets manage to grab top Billing

- Gang Green looks listless at times, but Sanchez rallies when it counts
- Greene carries team on ground
- Johnson celebration costs Bills in end

28	
JETS (6-5)	
24	
BILLS (5-6)	

AL BELLO/GETTY IMAGES

▶ Santonio Holmes caught the go-ahead touchdown with 1:01 remaining in the fourth quarter.

What went right for the Jets ...

1 Bell cow back —Given the shaky quarterback play, it made sense for the Jets to run the ball. Shonn Greene (13 rushes, 78 yards) and Joe McKnight more than carried the load.

2 Jets respond — After the defense got physically manhandled on the Bills' first quarter scoring drive, the offense responded in a major way. The Jets went 78 yards in 10 plays, including a 23-yard Santonio Holmes run on third down to sustain the drive. After a rocky start to the game, Sanchez was 4-of-6 for 20 yards and a touchdown on the drive.

3 Johnson crashes and burns — After a Stevie Johnson touchdown, the receiver mocked Plaxico Burress's nightclub shooting and imitated a jet crashing in the end zone. A 15-yard celebration penalty was tacked onto the kickoff. Four plays later, Plaxico Burress had a 14-yard touchdown grab to make it a tie game at 14-14.

What went wrong ...

1 Slow start — In their first two offensive series, the Jets were anemic moving the ball and no one looked more flat than Sanchez, who failed to complete a pass in the opening two drives in a 0-of-4 start for the quarterback.

2 Another long drive — After conceding a 95-yard touchdown drive in the fourth quarter of their recent loss at Denver, the Jets defense was soft again. On their second defensive series, the Jets allowed Bills quarterback Ryan Fitzpatrick time and space in the pocket to mastermind a 90-yard drive.

3 Oh no Cro — The Jets were up 21-14 deep in third quarter when the defense forced Buffalo into a three-and-out. Rather than send out the reliable Jim Leonhard for punt return duty, Antonio Cromartie was trotted out. Cromartie muffed the punt, letting the Bills recover on their own 33-yard line.

KRISTIAN DYER

In the news

NBA to resume with Knicks

The NBA lockout ended (at least tentatively) overnight Friday into Saturday and now the Knicks take centerstage.

NBA Commissioner David Stern announced games will start on Christmas Day, which means the Knicks vs. Celtics will the opener of the NBA season.

Boston beat New York in the first round of last year's playoffs.

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Maybin sacks his old team

All Aaron Maybin does is get sacks.

The former first-round pick and Bills castoff, who was cut from the team that drafted him this past August after two years without a sack, is showing his old team he's not the reject they thought.

Maybin got two more sacks yesterday in helping to key the Jets defense.

"The position I was in a year ago and the things people were saying, how far [God] has brought me and how far I've come, it just feels good to be in this locker room right now enjoying ourselves," Maybin said.

Maybin dodged questions about sticking it to his old team, simply saying of his two impact plays against the Bills, "Ask them, we'll see." METRO/KD

Storylines to watch

Week 12: Giants at Saints, Mercedes-Benz Superdome
When: 8:30 p.m., ESPN What's next: vs. Packers

Brandon Jacobs
GETTY IMAGES

1 Can anyone please run the ball?

To call last week's effort in the rushing game pathetic would be an understatement.

They had 17 rushes for 29 yards ... as a team. A 1.7 yards per rush average is actually hard to do.

Ahmad Bradshaw won't play in tonight's game — the fourth straight he has missed due to the cracked bone in his foot. At the time of the injury Bradshaw said he hoped to miss only a game or two, but that has stretched out to a month.

Brandon Jacobs will be left to pick up the slack. He was booed heavily a week ago. Da'Rel Scott may see more carries this week.

2 Who steps up to cover Jimmy Graham?

Maybe the best player in the NFL you haven't heard of is Saints tight end Jimmy Graham.

Graham was fourth in the NFL in receiving yards before Week 12. Not fourth in receiving yards among tight ends, but fourth in the league among all receivers.

He has 62 catches for 879 yards. He trailed only Wes Welker, Steve Smith and Mike Wallace. The second-year player from Miami also has six touchdowns.

3 Dealing with injuries ... yet again.

It's been a recurring story for the Giants all season — who is out and who replaces him?

Bradshaw is out as mentioned, but linebacker Michael Boley appears to be out for his second straight game also. Mark Herzlich played solidly in his first start, but will need to be better in pass coverage, especially with Graham at tight end.

Tackle Will Beatty will also be out.

MARK OSBORNE
mark.osborne@metro.us

340
The magic number for Saints running backs is apparently 340 yards. Both Pierre Thomas and Mark Ingram have exactly 340 yards.

333
To be exact, Saints QB Drew Brees is averaging 332.6 yards per game. That would put him on pace for 5,321 — a new record.

448
Darren Spoles has 448 receiving yards as a running back. He also has 348 rushing yards, for a whopping 796 total yards.

7
Roman Harper, a safety, has seven sacks this season. That's far and away the most by a player from the secondary.

Head coach Jim Boeheim had defended Fine (above).

Fine fired as 'Cuse assistant

The Syracuse scandal got a lot uglier yesterday and it didn't take long for the school to react.

Bernie Fine, who has been accused of molesting at least two former Syracuse ball boys, was fired by the school.

"At the direction of Chancellor [Nancy] Cantor, Bernie Fine's employment with Syracuse University has been terminated, effective immediately," Senior Vice President for Public Affairs Kevin Quinn said in a statement.

It came out yesterday that Fine's wife, Laurie, was recorded on telephone in 2002 admitting to knowing of her husband's contact with former ball boy Bobby Davis, according to transcripts released by ESPN's "Outside the Lines." Davis claims Fine molested him over a pattern of years while he worked for the Orange.

Not only does Laurie admit to knowing of her husband's "issues," but also reveals she had an affair with Davis when he was 18.

"I know everything that went on, you know," Laurie Fine says on the call.

"I know everything that went on with him. Bernie has issues, maybe that he's not aware of, but he has issues." MARK OSBORNE

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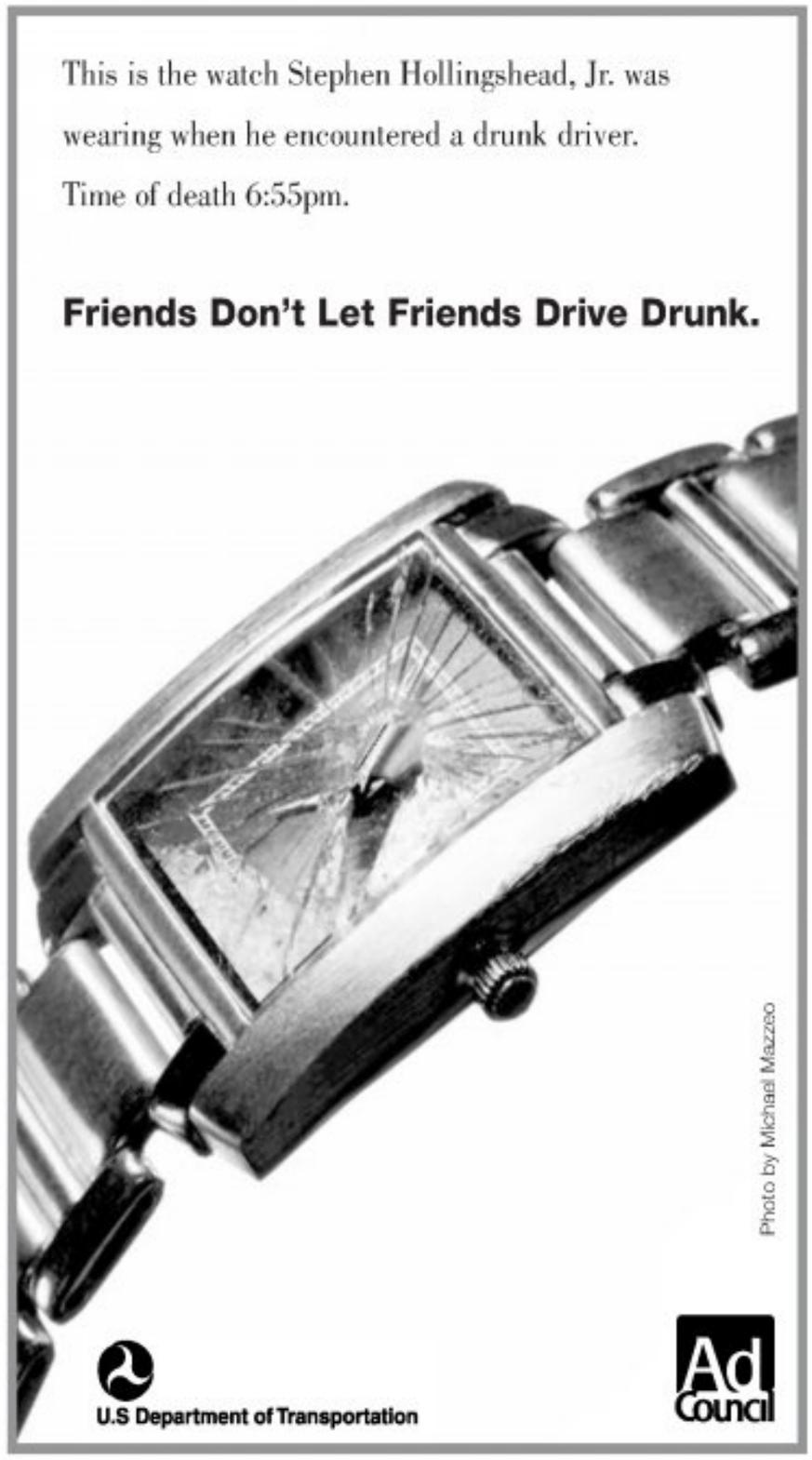

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Transportation / Travel

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Apartments

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BROWNSVILLE Renov Lg 2Br, EIK, Nr all, Sec 8 Ok, $1400/Mo, 1mo Rent – Sec, Credit Check Read. No Pets. Pay Own Util. Owner 347-370-4044

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CANARSIE ★ E NY ★ Old Mill Basin
2 & 3 BR Apts. $1300 - $1900/mo
JOHNSON REALTY 718-209-7005

CROWN HEIGHTS: Lefferts Ave. Washington. Beautiful, well maint. Rent stabilized bldg. hdwd flr. Near shop/tran. Studio $1095. 1BR $1350. 1st mo. rent free. Agt 718-657-1085

CROWN HGTS: Extravaganza 4Br, 2 full ba, EIK, hdwd flrs, must see Nr all, $2400/mo, 2mo sec 1 mo rent. Ref &crdt chk req'd. By Owner 646-322-1107

EAST FLATBUSH Ave H & 34th St 1 blk off Flatbush Near shops, trans, 1BR $1095/mo Well maintained rent stabilized bldg 1st mo Rent Free. Call Agent 718-657-1085

★East New York LARGE 2 Br Apt★
1 block to train, buses close to shopping, all $1300/mo owner 718-444-3567

East New York- Pennsylvania Ave. Btwn. Interboro Pkwy/Jamaica Ave. Well maintained, rent stabilized, bldg. Nr shops & trans 2BR $1095/mo, 1st mo rent free. Util NOT incld. Call Agent. 718-657-1085

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FLATBUSH: E. 28th ST. 1 Block off Flatbush Ave. Studio $795-985 well maintained rent stabilized bldg. 1st mo rent free. Call Agent 718-657-1085

FLATBUSH East 51 St. Bet Ave D & Clarendon 3 brs in 2 fam, newly renov, new apt. Near trans & shops. Call Owner 718-444-3303

Old Mill Basin 3 Br apt, 2 baths New Construction. $1500 per mo. Call Owner Philip After 4PM 917-412-0672

CORONA: 114th. & ROOSEVELT Lg. Well maintained rent stabilized building w/laundry facility. Studio $895-925 1Br $1050 Call Agent 718-657-1085

Elmhurst renov 3 br in 2 fam house, o/k. Near all. No pets. Non-smoker 1 mo rent, 1 mo sec, $1950. Ref check. Owner 609-516-0269, 718-390-9225

FAR ROCKAWAY- BAYSWATER
Grdn style apts quiet residential area Nr shops, trans, beach. Rent stabilized Spacious, newly renov kit 1Br $975 1st mo rent free. Agt 718-657-1085

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Miscellaneous

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Bed Stuy: Very Clean Room
$195/week. Light & Gas Included. CALL OWNER 516-528-1390

EAST FLATBUSH Large Furnished room. Share kitchen & bath. Non-smoker. $175/wk. 2 wks sec. Female pref'd. Owner 718-342-5862

VALLEY STREAM
Furn'd Room for rent. Single Occupancy. Utilities Incl'd. Nr transp. Call Owner 516-285-6619

SPRING CREEK: Large renovated room in 2 fam house. 2nd flr. $150/wk, utilities incld, share kit/ba. Female preferred Owner 917-913-2666

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ACNE

Eczema Psoriasis Rosacea Rashes

#60

Guaranteed better than all others they used say dozens of delighted users with full names and towns on the Bell website. Works by cleansing blood inside rather than attacking skin from the outside and leaving the actual cause untreated. Here are a few examples:

By Dr. C. Hammoud Ph.D.

■ **I had terrible Acne** for 3 years and tried products with Benzoyl Peroxide, Aloe Vera and others. After 4 days taking the Bell natural product #60 it started to clear up my skin. My skin changed from terrible to beautiful. *Mylene Theriault, 19, Sorel-Tracy, QC* ■ **In 2 days** my son's face completely cleared up of acne. My son is 15 and suffered for 3 years. We used many products like laser, Neem that did not work or burned his skin. *Veronica Marden, Seminole, TX* ■ **Unbelievable acne free beautiful skin** Last couple of years I had acne and tried every product and antibiotics. Results with #60 were unbelievable. Thanks for giving me beautiful skin and my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **Within 6 days eczema cleared** up completely. I believe #60 addresses the cause internally instead of the symptoms. *Latifa Boutshik, 43, North York, ON* ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell #60, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. *Jessica Shantz, 25, Dawson Creek, BC* ■ **All statements** made on the Bell website are sent by delighted users. All are real people. Most have listed phone numbers and can be called for advice. No money is paid to them. Their reward is the relief they are getting. All say #60 works within days not months, not years. It's more effective than what they used before. It is less expensive (some acne suppliers ship monthly and charge monthly, which may amount to large sums yearly). No side effects were reported on #60. **TRUE EVIDENCE that we are helping people.**

High Blood Pressure?

High blood pressure is called the silent killer. If your BP is higher than normal, try to get it down to about 120/80. For many people it is easy to control. If it does not work for you we refund your money. On our website you will find over 50 testimonials with full names and towns from all over USA and Canada. Most of them have listed phone numbers and are happy to talk about the relief they had. No money was paid for testimonials.

#26

Dr. C. Hammoud M.H., Ph.D. recommends this effective fish peptide blood pressure natural product. So does Dr. Julian Whitaker M.D. ■ **I was on 3 blood pressure drugs** that did not work well. After starting Bell #26 my readings are generally well below 120/80. *Dona A. Anderson, 76, Sooke, BC* ■ **My blood pressure was 157/90** and I had side effects from prescription drugs. I bought a monitor. After 6 months on Bell #26 I was down to 120/80. *Toni L. McCuistion, 52, Elizabethtown, PA* ■ **At work my driver's medical** test was too high at 170/100. After taking Bell #26 for a few days I went down to 128/84 which allowed me to pass my work medical. *Kris Geier, 48, Windsor, ON.* **Bell is helping people everywhere.**

BELL

In other towns try your local health food stores first. If they don't have it and don't want to order it for you. Order on our website or call us with Visa or Mastercard. S & H $9.95.

www.BellLifestyle.com
or call 1-800-333-7995

Store inquiries are welcome.

SNORING? SLEEP APNEA?

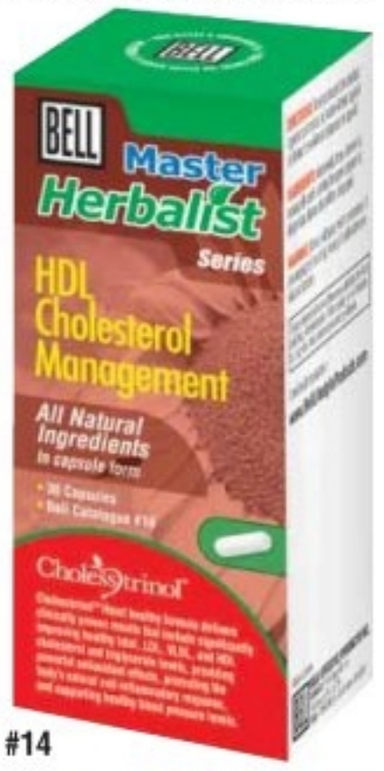
#23

Most older men and many women snore and have sleep apnea (gasping for air) :

To my surprise, after taking **Bell Snoring & Sleep Apnea Relief #23** I really didn't snore or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. *Mark Wilson, 40, Hudson, NH* ■ **Sleep apnea capsules worked first night!** For last 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. *Karen Braun, 67, Glace Bay, NS* ■ **For 20 years I was waking up frequently gasping for air.** During the day I would start napping every time I would sit down, because I was tired. Since taking Bell #23 sleeping 6 hours is heaven. It made a substantial change in my life. *Mary C. Myrick, 62, Jackson, MS* ■ **It is such a joy not having to use the CPAP machine.** I have had sleep apnea for 10 years. I was skeptical about Bell Snoring & Sleep Apnea Eze #23. After using it for 3 weeks my wife says there is no more snoring or gasping for breath or stoppage of breathing. It is such a joy to be able to roll to left or right with no hose or mask to deal with and can get up with no restrictions. Thank you Bell for a great relief. I suggest anyone with these problems to try it. You will be overjoyed with the results. *Wayne Burse, 63, Beamsville, ON* **Bell is helping people everywhere.**

Cholesterol Control

■ **Cholesterol and triglycerides under control!** For the last 5-6 years I have been told that my cholesterol and triglycerides were out of line. After taking Bell Cholesterol Control #14 my doctor said he was amazed about the change. This is a good product. *Jerome Nettles, 51, Monroeville, AL* ■ **All statin drugs gave me pain!** My doctor tried them all on me. So he said to try a natural product. After taking Bell Cholesterol Control #14 I have no more pain. I'm so happy about this. *Deanna O'Neil, 63, Tecumseh, ON.* ■ **I had great success with all Bell health products!** In the last 2 years I had relief with Bell Prostate Ezee Flow Tea, HDL Cholesterol Management, Blood Pressure Combo and Stem Cell Activator. I love your products. They all work for me. Great results. That's all that matters. *Basil Richards, 49, S.W. Ranches, FL* ■ **20 years of high cholesterol alleviated!** I had high cholesterol for 20 years and drugs didn't agree with me. After taking Bell Cholesterol Control #14 for 6 months I had a check-up and was surprised about the big improvement. I was delighted and extremely happy and so was my doctor. Norma Hrysio, 65, Lac Du Bonnet, MB. **We supply TRUE EVIDENCE.**



#14

Other Bell products for relief of the following chronic ailments
All guaranteed! ■ **Intestinal Cleansing** & Weight Control #10 ■ **Wrist Pain** Carpal Tunnel #30 ■ **Stops Blood Sugar** Imbalance & Weight Gain #40 ■ **Calming Cronic Stress** #66 ■ **Colon Care** & Cleanse #74. **All products guaranteed to work.**

■ AVAILABLE IN MANHATTAN:

New Life Nutritional Centre 714 W. 181 St. **Cash Rx Plus** 746 10th Ave. @ W 51st St
Cordette Drugs 55 W 39th St @ 6th Ave . **Cross County Pharmacy** 1514 Madison Ave. @ 103rd
Food For Health 1663 3rd Ave. **New London Pharmacy** 246 8th Ave@ 23rd St.
A Matter of Health 1478 1st Ave. @ E 77th St. **Ajanta Pharmacy** 2718 8th Ave. @ 145th St
Arrow Pharmacy 883 9th Ave. @ 57th St. **Blake Pharmacy** 1868 3rd Ave. @ 103rd St.
Bliss Pharmacy 1590 Madison Ave. @ 107th St. **C & C Nutrition** 561 W 179th St. @ St.Nicholas Ave.
Earth Matters 177 Ludlow St. @ Houston St **Elm Health** 1695 1st Ave. @ E 88th St.
Metro Drugs 13 East 8th St. @ 5th Ave. **Metro Drugs** 7 West 14th St. near 5th Ave.
Metro Drugs 931 Lexington Ave. @ 68th St. **#92 Pharmacy** 1938 2nd Ave @ E. 100th St.
VLV Med Pharmacy 4085 Broadway St. **Earth Matters** 177 Ludlow St. @ Houston St.

■ **AVAILABLE IN ALL BOROUGHS OF NEW YORK CITY CALL US FOR FUTHER INFORMATION:**